

Meals on Wheels MENU • FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Cott. Cheese & Veggie Plate 10 Confetti Bean Salad 16 Fruit Cocktail 16 Pumpkin Muffin 37	31 Tuna Pasta Salad 25 Marinated California Blend 6 Apple 22 Double Chocolate Cookie 18	1 <u>FEBRUARY</u> Taco Salad 5 Taco Chips 28 Salsa 7 Clementine 9 Pistachio Fluff 32	2 Pork 1 Rye Bread 24 Navy Bean Salad 17 Peaches 14 Raisins 34	3 Chef Salad 13 Banana 27 Bread Pudding 43
6 New Egg Salad 6 Hamburger Bun 25 Marinated California Veggies 6 Apple 21	7 Cott. Cheese & Fruit Plate 37 Navy Bean Salad 17 Oatmeal Raisin Walnut Cookie 23	8 Chef Salad 11 Broccoli Raisin Salad 11 Fruit Cocktail 16 Triple Chocolate Cookie 31	9 Sub Sandwich 31 Tomato & Lettuce 4 Three Bean Salad 15 Mandarin Oranges & Cranberries 26	10 Chicken Tortellini Salad 26 Glorious Morning Muffin 24 Banana 27
13 Ham / Roast Beef / Cheese 2 Cranberry Walnut Bread 29 Grape Tomatoes 6 Three Bean Salad 15 Raisins 34 Salad Dressing	14 <u>VALENTINE'S DAY</u> Egg Tossed/French Dressing 11 Pickled Beets 8 Green Grapes 16 New Pumpkin Muffin 35	15 Mexican Chicken Salad 18 Taco Chips 28 Marinated California Veggies 6 Apricots 19	16 Roast Beef & Provolone 2 Lettuce & Tomato 7 Cranberry Walnut Bread 29 Cukes 'n Vinegar 7 Golden Delicious Apple 21 Chocolate Chip Cookie 18	17 Meatloaf 14 Garlic Bread 30 Carrot & Raisin Salad 16 Banana 27
20 <u>PRESIDENT'S DAY</u> Tuna Salad 9 Wheat Bread 18 Apricots 19 Grapes 16	21 <u>FAT TUESDAY</u> Roast Beef & Provolone 1 Hamburger Bun 25 Tomato & Lettuce 4 Three Bean Salad 15 Strawberries 24	22 <u>ASH WEDNESDAY</u> Cott. Cheese & Fruit Plate 37 Peas & Peanut Salad 10 Apple 22 Glorious Morning Muffin 24	23 Almond Lemon Chicken 6 Brown Rice Salad 18 Fresh Pear 23 Wheat Crackers 16	24 Chicken & Bean Salad 22 Marinated California Blend 6 Naan Bread 20 Mandarin Oranges 12 Chocolate Chip Cookie 18
27 Ham & Cheese 3 Sub Bun 29 Tomato & Lettuce 4 Marinated Carrots 9 Raisins 34	28 Cott. Cheese & Veggie Plate 10 Confetti Bean Salad 16 Pineapple & Maraschino Cherries 26 Double Chocolate Chip Muffin 33	1 <u>MARCH</u> Tuna Pasta Salad 25 Three Bean Salad 15 Orange 14 Blueberry Bran Muffin 34	2 Crispy Oven Chicken 9 Hamburger Bun 25 Tomato & Lettuce 4 Potato Salad 16 Apricots 19	3 Egg Tossed Salad 11 Red Beans & Pasta Salad 23 Banana 27 WG Wheat Sweet Yeast Roll 23

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216
 Trailside: (989) 633-3790 • Mills: (989) 633-3788 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.