



HOT MENU • FEBRUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Chicken Pot Pie** Strawberries & Blueberries* Naan Flatbread*	30 Stuffed Pepper w/Spaghetti Sauce* Roasted Red Potatoes** Baby Carrots Kiwi* and Wheat Roll*	31 Meatloaf * Mashed Potatoes* Meatloaf Gravy Roasted Brussels Sprouts* Peaches* French Bread Roll*	1 <u>FEBRUARY</u> Chicken Parmesan* Spaghetti Noodles* Broccoli Red Grapes*	2 Pork Fritter* Parsley Potatoes* Stewed Apples* Cucumbers n' Vinegar Wheat Roll*
5 Beef Stew** Peas & Peanut Salad* 2 Clementine* Rye Bread* Oyster Crackers	6 Orange Chicken*** Brown Rice** Asparagus Red Delicious Apple* Fortune Cookie	7 Beef Stroganoff Rotini* Red Cabbage* Kiwi* Cranberry Bran Muffin**	8 Fish Tenders* Smashed Potatoes* Dilled Carrots* Fruit Cocktail* Sour Cream Tartar Sauce	9 <u>NATIONAL PIZZA DAY</u> Individual Pizza** Cucumber & Tomato Salad Fresh Plum* Raisins**
12 Chili with Beans** Kiwi* Oyster Crackers Corn Muffin**	13 <u>MARDI GRAS</u> Sweet Honey Bourbon Chicken Red Beans,* Brown Rice* Green Beans w/onion & bacon* Tropical Fruit* King Cake Cinnamon Roll**	14 <u>VALENTINE'S DAY</u> Marry Me Chicken Rotini* Asparagus 2 Clementine* Savory Garlic Bread* Red Velvet Cookie**	15 Hot Turkey Sandwich Cranberry Walnut Bread* Mashed Potatoes** Poultry Gravy Three Bean Salad* Peach Crisp**	16 Grilled Stuffed Salmon* Parsley Potatoes* Roasted Brussel Sprouts* 2 Clementine* Wheat Roll*
19 Swiss Steak Mashed Potatoes* Braised Cabbage Strawberries & Blueberries* Sweet Orange Bread**	20 Chicken Cordon Bleu* Premade Alfredo Sauce Baked Potato* Peas & Carrots* Molded Cranberry Salad**	21 Goulash** Corn** Hot Cinnamon Applesauce* Savory Garlic Bread* Oyster Crackers	22 French Dip** Ranch Potatoes** Cucumber & Tomato Salad Golden Delicious Apple*	23 Crispy Fish Fillet* Macaroni & Cheese* Peas & Carrots* 2 Clementine* French Bread Roll*
26 Chicken Pot Pie** Strawberries & Blueberries* Naan Flatbread*	27 Stuffed Pepper w/Spaghetti Sauce* Roasted Red Potatoes** Baby Carrots Kiwi* Wheat Roll*	28 Meatloaf * Mashed Potatoes* Meat Loaf Gravy Roasted Brussels Sprouts* Peaches* French Bread Roll*	29 Chicken Parmesan* Spaghetti Noodles* Broccoli Red Grapes*	1 <u>MARCH</u> Pork Fritter* Parsley Potatoes* Stewed Apples* Cucumbers n' Vinegar Wheat Roll*

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) 282-1622 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.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.



SENIOR SERVICES
www.SeniorServicesMidland.org
989-633-3700

COLD MENU (MOW CLIENTS) • FEB 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Cottage Cheese & Veggies* Navy Bean Salad* 2 Clementine* Cranberry Bran Muffin**	30 Turkey & Provolone Hamburger Bun** Trail Mix Salad** Kiwi*	31 Almond Lemon Chicken Peas & Peanut Salad* Raisins** Hawaiian Roll*	1 <u>FEBRUARY</u> Tuna Pasta Salad** Confetti Bean Salad* Chunky Applesauce* Naan Flatbread*	2 Meatloaf* Pickled Beets Banana** Rye Bread**
5 Crispy Oven Chicken Colby Jack Cheese Slice Hamburger Bun** Red Beans & Pasta Salad** 2 Clementine*	6 Tuna Pasta Salad** Cukes 'n Cream Golden Delicious Apple* Confetti Filled Cookie**	7 Pork & Provolone Sandwich** Navy Bean Salad* Kiwi*	8 Cranberry Pecan Chicken Salad* Peas & Peanut Salad* Strawberries & Blueberries* Hawaiian Roll* Oreo Fluff**	9 Egg Salad Peas & Cheese Salad* Banana** French Bread Roll*
12 Turkey & Cheese Hamburger Bun** Red Beans & Pasta Salad** Mandarin Oranges* Pumpkin Muffin**	13 <u>MARDI GRAS</u> Chicken Waldorf Salad Greek Pasta Salad* Fresh Pear* Rye Bread*	14 <u>VALENTINE'S DAY</u> 2 Boiled Eggs Peas & Cheese Salad* Fruit Cocktail* Double Chocolate Muffin**	15 Mexican Chicken Salad Molded Applesauce Salad* Corn Salad* Salsa Taco Chips**	16 Chicken & Bean Salad** Broccoli & Raisin Salad* Banana** Cranberry Bran Muffin**
19 2.5z Dinner Ham Colby Jack Cheese Slice Three Bean Salad Strawberries & Blueberries* Cranberry Walnut Bread	20 Tuna Salad Fresh Plum* Raisins** Corn Salad French Bread Roll	21 Taco Salad Salsa Peaches* Taco Chips** Tapioca Pudding**	22 Egg Salad Red Beans & Pasta Salad** Peach & Pear Delight*** Wheat Roll*	23 Chicken Pasta Salad** Pickled Beets 2 Clementine* Wheat Sweet Yeast Roll*
26 Cottage Cheese & Veggies* Navy Bean Salad* 2 Clementine* Cranberry Bran Muffin**	27 Turkey & Provolone Hamburger Bun** Trail Mix Salad** Kiwi*	28 Almond Lemon Chicken Peas & Peanut Salad* Raisins** Hawaiian Roll*	29 Tuna Pasta Salad** Confetti Bean Salad* Chunky Applesauce* Naan Flatbread*	1 <u>MARCH</u> Meatloaf* Pickled Beets Banana** Rye Bread**

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