

February 2018

Meals on Wheels Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1			1	2	3
				Beef & Tomato Hot Dish Green Beans Applesauce Brownie Milk	Philly Cheese Sandwiches with Onion & Peppers Potato Wedges Seasonal Fresh Fruit Milk	Deli Ham Sandwich with Lettuce & Tomato Orange Chocolate Chip Cookies Milk
4 No Meal	5 Beef Pot Roast with Gravy Brown Rice Carrots Pears Dinner Roll Milk	6 Chicken Parmesan over Linguine California Mixed Veggies Peaches Dinner Roll Milk	7 BBQ Pork on Bun Seasoned Potato Wedges Cole Slaw Cherry Crumble Milk	8 Beef Casserole Green Beans Applesauce Brownie Milk	9 Stuffed Chicken Breast Potato Wedges Seasonal Fresh Fruit Milk	10 Deli Ham Sandwich with Lettuce & Tomato Orange Chocolate Chip Cookies Milk
11 No Meal	12 Beef Stew with Buttermilk Biscuit Italian Mix Vegetables Seasonal Fresh Fruit Chocolate Chip Cookies Milk	13 Paprika Chicken Parsley Noodles Capri Mixed Veggies Pineapple Dinner Roll Milk	14 Chipotle Raspberry Turkey Breast Mashed Potatoes with Gravy Beets Peaches Dinner Roll Milk	15 Chicken Alfredo over Rotini Broccoli Cuts Breadstick Angel Food Cake with Strawberries Milk	16 Lightening Jack Casserole Cauliflower Mandarin Oranges Dinner Roll Milk	17 Roast Beef Sandwich with Lettuce & Tomato Red Apple Sugar Cookies Milk
18 No Meal	19 Beef Stroganoff over Egg Noodles California Mixed Veggies Pears Sugar Cookies Milk	20 Crispy Baked Chicken Baked Potato with Sour Cream Sugar Snap Peas Dinner Roll Blueberry Pie Milk	21 Broccoli Cheese Soup with Crackers Orange Cider Chicken Orzo Green Beans Seasonal Fresh Fruit Milk	22 Chopped Steak Mashed Potatoes Capri Mixed Vegetables Peaches Dinner Roll Milk	23 French Dip with Au Jus Hash Brown Casserole Tossed Salad with Ranch Mandarin Oranges Milk	24 Turkey Sandwich with Lettuce & Tomato Green Apple Oatmeal Raisin Cookies Milk
25 No Meal	26 Meat Loaf with Gravy Baked Potato with Sour Cream Capri Mix Veggies Dinner Roll Cheesecake Juice Milk	27 BBQ Chicken Sandwich Fries Baby Carrots Mandarin Oranges Milk	28 Roast Turkey Breast Mashed Potatoes with Gravy Toss Salad with Ranch Pears Corn Milk			

For meal cancellations, changes, or specific needs call the Dawson County Health Department at 377-5213