






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 A: Meatloaf with Brown Gravy B: Lemon Pepper Pork Loin Whipped Potatoes Rosemary Carrots Dinner Roll Fresh Fruit	2 A: Caesar Chicken B: Falafel Balls with Tzatziki Oven Roasted Potatoes Greek Vegetables Pita Pocket Oatmeal Cream Cookie 	3 A: Beef Stroganoff B: Spaghetti Torte Green Beans Herbed Brussels Sprouts Dinner Roll Fresh Fruit	4 A: Fajita Chicken B: Pork Carnitas Charro Beans Cilantro Lime Corn Flour Tortilla Strawberry Swirl Pudding  *Diet - Vanilla Pudding	5 A: Italian Shells and Cheese B: Turkey Tetrazzini Tomato Spoon Relish Broccoli Texas Bread Blueberry Crisp 
8 A: Marinara Turkey Meatballs B: Polish Sausage with Sauerkraut Twice Whipped Potatoes Broccoli Hot Dog Bun Fresh Fruit	9 A: Hamburger Patty B: Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Hot Spiced Peaches	10 Birthday Day! A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll  Brownie and Ice Cream *Diet-Brownie and Ice Cream	11 A: Sloppy Joe B: Breaded Chicken Patty Spiced Glazed Beets Tossed Salad WG Hamburger Bun Hot Spiced Apples	12 A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Frosted Lime Gelatin *Diet - Frosted Lime Gelatin
15 A: Chicken Marsala B: Rosemary Beef Rotini Alfredo Peas with Red Peppers Bread Stick Lemon Pudding *Diet - Vanilla Pudding	16 A: Teriyaki Beef B: Sweet and Sour Pork Loin Jasmine Rice Japanese Vegetables Wheat Bread Tropical Fruit	17 A: Spinach Lasagna B: Cheesy Beef Ziti Mixed Green Salad Herbed Green Beans Texas Bread Hot Pineapple Tidbits	18 A: Creole Beef Steak B: Cajun Pork Loin Roasted Sweet Potatoes Cabbage Cornbread Muffin Fresh Fruit	19 A: Lemon Pepper Fish B: Mushroom Chopped Steak Whipped Potatoes Honey Glazed Carrots Wheat Bread Cherry Craisins
22 A: Chicken Enchilada Bake B: Green Pepper Casserole Whole Kernel Corn Green Beans with Peppers Multi Grain Bread Diced Pears	23 A: Salisbury Beef with Gravy B: Baked Chicken with Gravy Garlic Parmesan Potatoes Capri Vegetables Texas Bread Chocolate Pudding *Diet - Chocolate Pudding	24 A: Honey Glazed Turkey Ham B: Cherry Glazed Ham Brown Rice Sautéed Spinach Dinner Roll Rice Krispy Treat	25 A: BBQ Diced Chicken B: Sloppy Joe Baked Beans California Vegetables WG Hamburger Bun Fresh Fruit	26 A: Eggplant Parmesan B: Tomato Basil Beef Meatballs Rotini Pasta Broccoli Bread Stick Fruited Strawberry Gelatin *Diet - Fruited Gelatin



FEB	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average
Week 1	720	96.9	950
Week 2	744	97.1	930
Week 3	679	99.8	872
Week 4	691	99.2	972
Daily Standard		100 grams	800-1000 mg
Targeted Daily	650-750		

Menu A - Meals On Wheels
****Menu B - Senior Centers Only****

 This meal is high in sodium

See back of menu for nutrition information.

Suggested meal donation • \$3.00