



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>Tomato &amp; White Wine Braised Chicken Breast 1/2c. Rice Pilaf 1/2c. Mixed Bean Medley Wheat Bread Fresh Seasonal Fruit</p>	<p>2</p> <p>Breaded Fish Sandwich w/ Cheese 1/2c. Macaroni &amp; Cheese 1/2c. Stewed Tomatoes Hamburger Roll 1/2c. Sliced Pears </p>
<p>5</p> <p>1/2c. Pizza Burger 1/2c. Baked Sweet Potato Bites 1/2c. Creamy Coleslaw Hamburger Roll 1/2c. Lemon Pudding</p>	<p>6</p> <p>1c. Chicken &amp; White Bean Chili 1c. Tossed Salad w/ Tomato Dressing 1/2c. Baked Potato Biscuit Mandarin Oranges </p>	<p>7</p> <p><u>February Birthdays</u> Burgundy Beef w/ Mushrooms Over 1/2c. Egg Noodles 1/2c. Broccoli &amp; Carrots Wheat Bread 1/2c. Mixed Fruit Salad <u>Birthday Cake</u> </p>	<p>8</p> <p>Center Cut Pork Chop w/ 2 oz. Gravy 1/2c. Whipped Potatoes w/ Chives 1/2c. Sweet Peas White Bread 1/2c. Apple Cranberry Crisp</p>	<p>9</p> <p>Chicken Alfredo 1/2c. Penne Pasta w/ Sauce 1/2c. Italian Green Beans Garlic Breadstick Fresh Seasonal Fruit</p>
<p>12</p> <p>Pot Roast w/ 1 oz. Gravy 1/2c. Baked Potato 1/2c. Sliced Carrots Italian Bread Sugar Cookie</p>	<p>13</p> <p>Turkey Roll Up w/ Stuffing &amp; Gravy 1/2c. Whipped Potatoes 1/2c. Mixed Vegetable Medley White Bread 1/2c. Applesauce</p>	<p>14</p> <p><u>Happy Valentine's Day!</u> Egg Salad Sandwich w/ Lettuce &amp; Tomato 1c. Creamy Tomato Soup w/ Crackers Whole Wheat Bread Fresh Seasonal Fruit</p>	<p>15</p> <p>Beef Burrito 3 oz. Meat Cheese, Lettuce, Tomato 1/2c. Warm Fiesta Corn 1/2c. Spanish Rice Tortilla Shell 1/2c. Baked Pineapple </p>	<p>16</p> <p>Potato Crusted Pollock 1/2c. Cheesy Shells 1/2c. Sweet Peas White Bread Fresh Seasonal Fruit</p>
<p>19</p> <p><b>Office Is Closed No Meals Will Be Served</b></p> <p></p>	<p>20</p> <p>Baked Sweet Sausage Sandwich w/ 2 oz. Peppers &amp; Sauce 5 oz. Mozzarella 1/2c. Au Gratin Potatoes 1/2c. Green Beans Sausage Roll Peach Cobbler Delight </p>	<p>21</p> <p>Roasted Pork Loin w/ 1 oz. Gravy 1/2c. Rosemary Seasoned Redskins 1/2c. Green Beans Biscuit w/ Apple Butter Fresh Seasonal Fruit</p>	<p>22</p> <p>Warm Roast Beef Sandwich w/ Cheese &amp; Au Jus 1/2c. Seasoned Potatoes 1/2c. Mixed Vegetables Sandwich Roll Fresh Seasonal Fruit</p>	<p>23</p> <p>Vegetable Lasagna w/ Parmesan Cream Sauce 1c. Tossed Salad w/ Tomato Wedge &amp; Hardboiled Egg Garlic Breadstick 4 oz. Orange Juice</p>
<p>26</p> <p>Bratwurst 1/2c. Seasoned Potatoes 1/2c. Peas &amp; Onions Hotdog Roll Mustard Packet Sugar Cookie</p>	<p>27</p> <p>Chicken Marsala 1/2c. Garlic &amp; Parmesan Pasta 1 c. Tossed Salad w/ Tomato Dressing Wheat Bread 1/2c. Mandarin Oranges</p>	<p>28</p> <p>Baked Meatloaf w/ Gravy 1/2c. Whipped Potatoes 1/2c. Creamed Corn Wheat Bread 1/2c. Sliced Apples</p>	<p><b>RIDDLE OF THE MONTH</b> </p> <p>We have it at Christmas, but mostly at Easter, finding this treat couldn't be easier!</p> <p>Previous Answer:</p>	<p><b>Please contact the Meals on Wheels Office to cancel or skip a meal</b></p> <p><b>610-374-3195 Ext. 220</b></p> <p>* Menu Subject to Change*</p>