

# Meals on Wheels of SW Michigan Senior Nutrition Service Congregate Menu



## February 2017

**Menu Is Subject To Change Without Notice**

Meals are Funded By



Along with Participant Contributions,  
United Way Partners, Grant Awards and  
Local Donations

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Sliced Turkey w/ Gravy Mashed Potatoes French Green Beans w/ Onions Whole Wheat Roll Warm Peach Crumble	<b>2</b> Sloppy Joes Cream of Asparagus Soup Harvest Beets Crackers Applesauce	<b>3</b> Spinach Ham Mac & Cheese Zucchini & Tomatoes Diced Carrots Whole Wheat Bread Lime Perfection Salad
<b>6</b> Ham & Beans Tossed Salad w/ French Dressing Sweet Corn Whole Wheat Roll Orange Juice	<b>7</b> BBQ Chicken Au Gratin Potatoes Coleslaw Whole Wheat Bread Pineapple	<b>8</b> Soft Shell Tacos w/ Cheese / Tomatoes / Lettuce / Onions Refried Beans Cinnamon Applesauce	<b>9</b> Swedish Meatballs w/ Gravy Noodles Brussels Sprouts Whole Wheat Bread Mandarin Oranges	<b>10</b> Chicken Noodle Soup Mixed Green Salad w/ Ranch Dressing Crackers Apple Cobbler
<b>13</b> Grilled Chicken Sandwich (Lettuce / Tomatoes) Seasoned Green Beans Sweet Yellow Corn Bun Sliced Pears	<b>14 Valentine's Meal</b> Cider-Braised Pork Mashed Potatoes w/ Gravy Stewed Tomatoes Whole Wheat Roll Red Jell-O w/ Fruit Heart Cookies	<b>15</b> White Chicken Chili Red Skin Potatoes Mixed Green Salad w/ Thousand Island Dressing Crackers Apricot Halves	<b>16</b> Breaded Baked Fish Baked Sweet Potatoes Broccoli Florets Whole Wheat Biscuit Peach Crisp	<b>17</b> Turkey à la King Mashed Potatoes California Blend Vegetables Whole Wheat Roll Fruit Cup
<b>20</b> <p style="text-align: center;"><b>Closed for Presidents' Day</b></p>	<b>21</b> Salisbury Steak Mashed Potatoes w/ Gravy Key West Blend Vegetables Whole Wheat Roll Peach Slices	<b>22</b> Chicken Tetrazzini Zucchini / Red Peppers Parslied Carrots Sliver Dollar Roll Apricots in Sugar Free Vanilla Pudding	<b>23</b> Stuffed Peppers Harvest Beets Sunshine Salad Cornbread Pears	<b>24</b> Fish Creole over Rice Baked Winter Squash Multigrain Bread Mandarin Oranges Birthday Cake
<b>27</b> Veal Parmesan w/ Sauce over Linguine Italian Blend Vegetables Brussels Sprouts Roll Peaches	<b>28</b> Southwest Chicken over Rice Lemon Pepper Cauliflower Tossed Salad w/ French Dressing Whole Wheat Bread Fruit Cocktail		Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk	