

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



## February 2018

**Menu Is Subject To Change Without Notice**

Meals are Funded By



**Area Agency on Aging, Inc.**  
SPECIALISTS IN AGING

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Chicken Marsala over Pasta Green Beans Sweet & Sour Red Cabbage Wheat Bread Pineapple	<b>2</b> Pizza Casserole California Blend Vegetables Tossed Salad w/ Italian Dressing Bread Stick Peaches
<b>5</b> Oven Fried Chicken Whipped Sweet Potatoes Brussels Sprouts Whole Wheat Biscuit Golden Fruit Mix	<b>6</b> Pork Chop Suey over Rice Asian Blend Vegetables Whole Wheat Bread Fruit in Vanilla Pudding Fortune Cookie	<b>7</b> Broccoli & Cheese Quiche Potatoes O'Brien Scalloped Tomatoes Whole Wheat Roll Fruit in Jell-O	<b>8</b> Roasted Turkey Mashed Potatoes w/ Gravy Broccoli Florets Whole Wheat Roll Fruit Cocktail	<b>9</b> Spanish Rice w/ Meat & Beans Santa Fe Blend Vegetables Side Salad w/ French Dressing Whole Wheat Bread Applesauce
<b>12</b> Oven Baked Chicken Stew Mashed Potatoes Corn and Red Peppers Whole Wheat Bread Pear	<b>13</b> Smothered Pork Cutlet Mashed Potatoes Mixed Vegetables Whole Wheat Biscuit Citrus Mix	<b>14 Ash Wednesday / Valentine's Day</b> Salmon Patty w/ Dill Sauce Brown Rice / Winter Squash Rye Bread Mandarin Oranges Heart Cookies	<b>15</b> Chicken Provolone Whipped Sweet Potatoes Brussels Sprouts Whole Wheat Dinner Roll Apricots	<b>16</b> Baked Mac & Cheese Stewed Tomatoes & Zucchini Tossed Salad w/ French Dressing Cornbread Apple Juice
<b>19</b> <p style="text-align: center;"><b>Closed for Presidents' Day</b></p>	<b>20 National Cherry Pie Day</b> Chicken Broccoli Casserole Baked Parmesan Tomatoes Carrots Whole Wheat Bread Cherry Pie	<b>21</b> Alfredo Fettuccini Harvest Beets Side Salad w/ French Dressing Garlic Bread Peach Cobbler	<b>22</b> Swiss Chicken Twice Baked Potato Peas Whole Wheat Roll Fruited Yogurt	<b>23</b> Lemon Baked Fish Simple Baked Rice Mixed Vegetables Roll Peaches Birthday Cake
<b>26</b> Taco Casserole Green Beans Tossed Salad w/ French Dressing Whole Wheat Bread Applesauce	<b>27</b> Beef Stroganoff over Noodles Corn Marinated Vegetable Salad Rye Bread Orange Juice	<b>28</b> Maple Chicken Zucchini & Peppers Parslied Carrots Dinner Roll Pudding w/ Fruit		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 Served / Meal