

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



February 2019

Menu Is Subject To Change Without Notice

Meals are Funded By



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Provide (average per week) 75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>				<p><b>1</b> Swiss Chicken Roasted Redskin Potatoes Broccoli Corn Muffin Apple Crisp</p>
<p><b>4</b> Pork w/ Gravy Mac &amp; Cheese Carrots Roll Grapes</p>	<p><b>5</b> Sliced Ham w/ Pineapple Sauce Mashed Potatoes Green Peas Whole Wheat Bread Fruit Jello</p>	<p><b>6</b> Broiled Fish Parmesan Corn &amp; Zucchini Pea &amp; Onion Salad Roll Fruit</p>	<p><b>7</b> Hamburger w/ Bun Macaroni Salad Tossed Salad Pineapple</p>	<p><b>8</b> Baked Herb Chicken Baked Sweet Potato Caesar Salad Roll Fruit</p>
<p><b>11</b> Roasted Pork Scalloped Potatoes Beet Salad Roll Fruit</p>	<p><b>12</b> Turkey à la King Noodles Capri Blend Vegetables Green Beans Roll / Fruit Cocktail</p>	<p><b>13</b> Swiss Chicken Roasted Red Skin Potatoes Borccoli Corn Muffin Apple Crisp</p>	<p><b>14</b> BBQ Chicken Hot Potato Salad Cucumber &amp; Tomato Breadsticks Baked Apples</p>	<p><b>15</b> Swiss Steak w/ Onions Pasta Steamed Broccoli &amp; Carrots Whole Wheat Roll Mixed Fruit</p>
<p><b>18</b>  <b>Closed for Presidents' Day</b></p>	<p><b>19</b> Chicken Teriyaki over Rice Oriental Blend Vegetables Whole Wheat Biscuit Jello w/ Fruit</p>	<p><b>20</b> Parmesan Pork Cutlet Mashed Potatoes Peas &amp; Pearl Onions Bun Applesauce</p>	<p><b>21</b> Goulash w/ Noodles Spring Salad Rye Bread Fruit Yogurt</p>	<p><b>22</b> Bratwurst on Bun w/ Sautéed Onions &amp; Mushrooms Beet Salad Birthday Cake Fruit</p>
<p><b>25</b> Homemade Sloppy Joe Peas &amp; Green Salad Bun Citrus Mix</p>	<p><b>26</b> Grilled Chicken Macaroni Salad Steamed Spinach Cornbread Pineapple</p>	<p><b>27</b> Salisbury Steak Boiled Potatoes w/ Chives &amp; Olive Oil Dressing Green Beans &amp; Carrot Apple Slices</p>	<p><b>28</b> Lemon Herb Baked Fish Rice Tomatoes &amp; Cucumber Bun Fruit Jello</p>	