

February 2019 Menu

Mon	Tue	Wed	Thu	Fri
<u>MEAT SUBSTITUTE MEAL</u> Hamburger Steak Patty Steamed Carrots Lima Beans Mini Yeast Roll Macaroni Salad Sliced Peaches	<u>VEGETABLE SUBSTITUTE MEAL</u> Mac & Cheese Steamed Carrots Lima Beans Mini Yeast Roll Macaroni Salad Sliced Peaches			1 Pork Tenderloin w/ Mustard Sauce Steamed Broccoli Hominy Potato Salad Cantaloupe
4 BBQ Pork Broccoli & Rice Casserole Collard Greens Bun Coleslaw Assorted Cookies	5 Steakburger Lima Beans Hot Cinnamon Apples Bun Lettuce & Tomato Cantaloupe	6 Teriyaki Chicken over Rice Green Beans Steamed Carrots Grapes Peaches	7 Sliced Ham w/ Pineapple Ring Vegetable Trio Sweet Potato Casserole Skillet Corn Bread Pears	8 Salisbury Steak w/ Gravy Spinach Mashed Potatoes Pineapple Tidbits Chocolate Pudding
11 Chili Con Carne Rice Pilaf Steamed Cauliflower Skillet Cornbread Green Grapes Sugar Cookies	12 Shepherd's Pie Okra & Stewed Tomatoes Green Beans Orange Slices Oatmeal Cookies	13 Lasagna Steamed Broccoli Cinnamon Apples Tossed Salad w/ Salad Dressing	14 ♥ Fried Chicken ♥ Mashed Potatoes Green Beans Cherry Congealed Salad w/ Peaches ♥ Fruit Cocktail ♥ Red Velvet Cupcake ♥	15 Grilled Chicken Breast Corn Brussels Sprouts Applesauce Mini Yeast Roll Oatmeal Cookie
18 Smoked Sausages w/ Sauerkraut Red Bliss Potatoes Steamed Broccoli Mini Yeast Roll Mandarin Oranges	19 Meatloaf w/ Tomato Sauce Steamed Carrots Lima Beans Mini Yeast Roll Broccoli Salad Pineapple Tidbits	20 Scrambled Eggs & Bacon Hot Cinnamon Apples Tater Tots Buttermilk Biscuit Butter & Jelly Peaches	21 Carved Roast Beef Scalloped Potatoes Sautéed Zucchini Mini Yeast Roll Fruited Gelatin Mandarin Oranges	22 Baked Fish w/ Lemon Herb Sauce Over Rice Pilaf Green Beans Corn Fruit Cocktail Ginger Snaps
25 Baked Chicken Tenders Carrots Stir-Fried Cabbage Broccoli Salad Orange Slices	26 Boneless BBQ Pork Ribs Lima Beans Black-Eyed Peas Mini Yeast Roll Applesauce Oatmeal Cookies	27 Spaghetti & Meatballs Brussels Sprouts Cauliflower Mandarin Oranges Rice Krispie Treat	28 Fajita Steak Mexican Rice Skillet Vegetables Soft Tortilla Shredded Lettuce Pineapple Tidbits	

2% Milk will be served with all meals. You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.
 All substitute meal orders and cancellations **must be received by noon, one business day before needed**, by calling the Meals on Wheels office at 704-633-0352.
 Menu is subject to change without notice. 1.25.19

