

# February 2020 Menu

Mon	Tue	Wed	Thu	Fri
<b>MEAT SUBSTITUTE MEAL</b> Grilled Chicken Breast Spinach Carrots Mini Wheat Roll Peaches Fresh Fruit	<b>VEGETABLE SUBSTITUTE MEAL</b> Great Northern Beans Spinach Carrots Mini Wheat Roll Peaches Fresh Fruit			
<b>3</b> Chili Con Carne Skillet Cornbread Cinnamon Apples Peaches Coleslaw Fresh Fruit	<b>4</b> Shepherd's Pie Broccoli Stewed Tomatoes Fruit Cocktail Fresh Fruit 2 Oatmeal Cookies	<b>5</b> Teriyaki Chicken (over Yellow Rice) Green Peas Carrots Skillet Cornbread Tossed Salad/Cucumbers & Tomatoes Fresh Fruit / Salad Dressing	<b>6</b> Scrambled Eggs & Bacon Hash Brown Casserole Buttermilk Biscuit Butter / Jelly 2 Tomato Slices Peaches	<b>7</b> Sweet BBQ Chicken Breast Rice Pilaf Roasted Brussels Sprouts Applesauce Fresh Fruit Chocolate Cake
<b>10</b> Chicken Sausages & Sauerkraut Red Bliss Potatoes Steamed Broccoli Peaches Fresh Fruit 2 Cookies	<b>11</b> Meatloaf w/ Tomato Sauce Steamed Carrots Lima Beans Whole Wheat Roll Pineapple Tidbits Fresh Fruit	<b>12</b> Turkey Pot Pie Corn Sautéed Zucchini Mandarin Oranges Fresh Fruit Rice Krispie Treat	<b>13</b> Roast Beef Mashed Potatoes Green Peas Whole Wheat Roll Peaches Fruited Gelatin	<b>14</b> ♥ Fried Chicken ♥ Mashed Potatoes Green Beans Cherry Congealed Salad w/ Peaches Fruit Cocktail ♥ Red Velvet Cupcake ♥
<b>17</b> Baked Breaded Chicken Tenders Sliced Carrots Corn Cucumber Tomato Salad Peaches Honey Mustard Dipping Sauce Brownie	<b>18</b> Pork Loin Stir-Fried Cabbage Black-Eyed Peas Skillet Cornbread Applesauce Fresh Fruit	<b>19</b> Spaghetti & Meatballs (w/ Marinara Sauce) Green Peas Beets Mandarin Oranges Fresh Fruit 2 Sugar Cookies	<b>20</b> Chicken & Dumplings Green Beans Carrots Sliced Pears Fresh Fruit 2 Oatmeal Cookies	<b>21</b> Teriyaki Chicken (over Yellow Rice) Stir-Fried Vegetables Spring Roll Peaches Fresh Fruit Vanilla Pudding
<b>24</b> Vegetable Beef Stew Rice Green Peas Broccoli Salad Peaches Fresh Fruit	<b>25</b> Grilled Chicken Breast (w/ Poultry Gravy) Stewed Tomatoes Lima Beans Dilled Cucumber Salad Fresh Fruit Pumpkin Pie	<b>26</b> Great Northern Beans Collard Greens Macaroni & Cheese Skillet Cornbread Mandarin Oranges 2 Gingerbread Cookies	<b>27</b> Chicken Pot Pie Green Beans Roasted Sweet Potatoes Carrot Salad Fresh Fruit Red Velvet Cupcake	<b>28</b> Carved Turkey Breast (w/ Dressing & Gravy) Carrot Souffle Broccoli Applesauce Fresh Fruit

2% Milk will be served with all meals. You may order the Meat or Vegetable 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.