

Website:
mowrowan.org

MENU *and* MORE

Phone:
(704) 633-0352



Heart-Healthy Eating Word Search Puzzle



GREENPEASAECSLERAWSPINACH
BOCEHTNONROCNEZORFLRASASE
ARISNUBLEYEFFNESRAPMRNAPS
BARAEERSOTAMOTDENNACNPNDN
YNNETRSGOTODEIRLOARELCESP
CGWEIPUEFAZSLBPORDNESSBN
AEOPGRNRAERASSAPPBGPGAARO
RSRNTYELRABDELRAEPPGTNEOR
RLBRPENREGULAROATMEALATCG
OENOMAI PNASOTENEMTOEONPCL
TYGIONAPOBASASWEETPOTATOS
SELBATEGEVDEXIMNEZORFBELT
SKLELOSMLLIAENAGAARALCAIS

Apples

Broccoli

Canned Tomatoes

Frozen Corn on the Cob

Lentils

Pears

Sweet Potato

Baby Carrots

Brown Rice

Eggs

Frozen Mixed Vegetables

Oranges

Raw Spinach

Yogurt

Bananas

Canned Beans

Fat Free Milk

Green Peas

Pearled Barley

Regular Oatmeal

Is Your Contact Information Up To Date?

Please be sure that Meals on Wheels has your correct contact information on file. **Do we have your current phone number and email address, if any?**


Your **Emergency Contact** is the person we will call if we cannot reach you by phone or locate you during meal delivery. **Call us to make sure we have the most current phone number for your Emergency Contact.**

Call the Meals on Wheels office at **704-633-0352** to update your information.





February 2022 Menu

Mon	Tue	Wed	Thu	Fri
<p>1</p>  <p>Baked Spaghetti Stewed Apples Carrots Pea Salad Tropical Fruit Salad Brownie</p>	<p>2</p> <p>Chicken & Biscuit Pan Pie Peas Cinnamon Apples Macaroni Salad Applesauce Brownie</p>	<p>3</p> <p>Cheeseburger Mac Casserole Green Beans Carrots Corn Bread Broccoli Cauliflower Salad Fruit</p>	<p>4</p> <p>Potato Soup w/ Bacon & Cheese Broccoli Corn Saltine Crackers Watergate Salad Fruit</p>	<p>5</p> <p>Meatloaf Mashed Potatoes w/ Gravy Squash Casserole Roll Marinated Cucumber Salad Fruit</p>
<p>7</p> <p>Baked Spaghetti Stewed Apples Carrots Pea Salad Tropical Fruit Salad Brownie</p>	<p>8</p> <p>Sliced Ham w/ Glaze Cabbage Lima Beans Potato Salad Mandarin Orange Fruit Gelatin</p>	<p>9</p> <p>Chicken Cordon Bleu Yam Souffle Peas Marinated Tomato Salad Waldorf Salad Fruit</p>	<p>10</p> <p>Beef Goulash Turnip Greens Peach Cobbler Cornbread Muffin Pickled Beets Fruit</p>	<p>11</p> <p>BBQ Sliced Pork Broccoli Casserole Mixed Vegetables Bun Coleslaw Fruit</p>
<p>14</p> <p>Grilled Chicken Breast w/ Herb Sauce Lima Beans Cauliflower w/ Cheese Sauce Three Bean Salad Watergate Salad Fruit</p>	<p>15</p> <p>Chicken & Ranch Casserole Great Northern Beans Squash Carrot Raisin Salad Fruit Brownie</p>	<p>16</p> <p>Turkey & Dressing Cabbage Casserole Sweet Potatoes Pasta Salad Fruit Gelatin Fruit</p>	<p>17</p> <p>Sloppy Joe Broccoli Stewed Tomatoes Bun Coleslaw Fruit</p>	<p>18</p> <p>Chicken & Dumplings Black-Eyed Peas Turnip Greens Marinated Tomato Salad Fruit Brownie</p>
<p>21</p> <p>Hamburger Patty Oven Roasted Potatoes Baked Beans Bun / Ketchup / Mustard Coleslaw Fruit</p>	<p>22</p> <p>Pinto Beans Collard Greens Diced Potatoes Cornbread Waldorf Salad Fruit</p>	<p>23</p> <p>Shepherd's Pie Green Beans Corn Sweet & Sour Coleslaw Glazed Strawberry Banana Salad Fruit</p>	<p>24</p> <p>Stuffed Green Peppers w/ Red Sauce Lima Beans Carrots Broccoli Cauliflower Salad Cucumber Salad Fruit</p>	<p>25</p> <p>Mac & Cheese w/ Ham Black Beans Green Peas Cornbread Marinated Vegetable Salad Fruit</p>
<p>28</p> <p>Beans & Beef Franks Broccoli Succotash Cornbread Carrot Raisin Salad Fruit</p>	<p>*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>		<p>28</p> <p>Hamburger Patty Green Beans Cabbage Cornbread Fruit Congealed Salad</p>	<p>28</p> <p><u>Veggie Substitute Meal</u> Pinto Beans Green Beans Cabbage Cornbread Fruit Congealed Salad</p>
		<p>*You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day. You must call our office at 704-633-0352 by noon on the day before you want a substitution.</p>		<p>28</p> <p><u>Veggie Substitute Meal</u> Pinto Beans Green Beans Cabbage Cornbread Fruit Congealed Salad</p>