

Natrona County Meals On Wheels Menu February 2020

Questions? Call us, **265-8659**

(All meals served with 8 oz milk)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|---|--|
| 3-Feb Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Raisins Yogurt Wheat Bread Milk | 4-Feb Beef Fajitas Ranch Style Beans Lettuce & Tomato Salad Pineapple Tortillas Milk | 5-Feb Turkey Lasagna Zucchini Chunky Applesauce Oreo Cookie Dessert Garlic Bread Milk | 6-Feb Rosemary Roasted Chicken Mashed Potato w/Gravy Winter Vegetable Blend Caesars Salad Fresh Fruit Wheat Bread Milk |
| 10-Feb BBQ Pork Riblets Rosemary Potatoes Sugar Snap Peas Mixed Green Salad Fresh Fruit Wheat Bread Milk | 11-Feb Chicken Creole Rice Green Beans Marinated Tomato Salad Plums Wheat Bread Milk | 12-Feb Chili Mozzarella Cheese Stick Garden Bounty Salad Tropical Fruit Cornbread Milk | 13-Feb Roast Beef Honey Roasted Red Potatoes Carrots German Coleslaw Mixed Berries Wheat Roll Milk |
| 17-Feb Chicken Alfredo Broccoli Cottage Cheese Peaches Wheat Bread Milk | 18-Feb Beef & Potato Pie Lima Beans Spinach & Mushroom Salad Mandarin Oranges Wheat Bread Milk | 19-Feb Leg of Lamb Mashed Potatoes w/Gravy Chuckwagon Vegetable Blend Orange Carrot Salad Apricots Wheat Rolls Milk | 20-Feb Baked Ham w/Pineapple Sauce Scalloped Potatoes Brussels Sprouts Greek Salad Prunes Wheat Bread Milk |
| 24-Feb Sloppy Joe Tater Tots Marinated Vegetable Salad Pears Wheat Bun Milk | 25-Feb Baked Chicken Mashed Potatoes w/Gravy Beets Jello Mandarin Oranges Wheat Bread Milk | 26-Feb Cheese Omelet Turkey Sausage Hashbrowns Banana Granola Bar Biscuit V-8 Juice Milk | 27-Feb Pork Roast Baked Potato Sunshine Carrots Bacon Ranch Pea Salad Prunes Wheat Bread Milk |

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| FRIDAY |
|---|
| 7-Feb Pizza w/Meat & Vegetables Oregon Bean Medley Prunes Pudding Milk |
| 14-Feb Goulash Asparagus Creamy Green Pepper Salad Fruit Cocktail Wheat Bread Milk |
| 21-Feb Green Pepper Casserole Montey Carlo Blend Vegetable Cucumber & Onion Salad Fresh Fruit Wheat Bread Milk |
| 28-Feb Tuna Cauliflower Au Gratin Asparagus Vegetable Salad Plums Wheat Bread Milk |

This menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.