

Natrona County Meals On Wheels Menu February 2022

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

(All meals served with 8 oz milk)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Jan Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Raisins Yogurt Wheat Bread Milk	1-Feb Pork Chop O'Brien Spinach Garbanzo Bean & Zucchini Salad Apricots Wheat Bread Milk	2-Feb Spaghetti w/Meat Sauce Cascade Blend Vegetable Broccoli Craisin Salad Grapes Wheat Bread Milk	3-Feb Rosemary Roasted Chicken Mashed Potato w/Gravy Winter Blend Vegetable Tossed Vegetable Salad Pineapple Wheat Roll Milk	4-Feb Pizza w/Meat & Vegetables Oregon Bean Medley Prunes Pudding Milk
7-Feb Pork Pasta Skillet Trio Blend Vegetable Spring Salad Toss Pears Wheat Bread Milk	8-Feb Green Pepper Casserole California Normandy Cucumber & Onion Salad Mandarin Oranges Wheat Roll Milk	9-Feb Chicken A la King Sugar Snap Peas Mixed Green Salad Tropical Fruit Wheat Bread Milk	10-Feb Turkey Meatloaf Sweet Potato Keywest Blend Vegetable Carrifruit Salad Pudding Wheat Bread Apple Juice Milk	11-Feb Beef Stew Asparagus Creamy Green Pepper Salad Fruit Cocktail Wheat Bread Milk
14-Feb Beef & Potato Pie Lima Beans Spinach & Mushroom Salad Applesauce Wheat Bread Milk	15-Feb Bbq Chicken Rosemary Potatoes Malibu Blend Vegetable Marinated Tomato Salad Plums Wheat Bread Milk	16-Feb Pork, Zucchini & Peppers Italian Herb Potatoes Creamy Chopped Salad Prunes Wheat Bread Milk	17-Feb Roast Beef Mashed Potatoes w/Gravy Venetian Blend Vegetable Garden Bounty Salad Fresh Fruit Wheat Roll Milk	18-Feb Baked Fish Fillets Lemon Rice Pilaf Sunshine Carrots German Coleslaw Peaches Wheat Bread Milk
21-Feb Bacon Wrapped Chicken Mashed Potato w/Gravy Sicilian Blend Vegetable Lettuce Salad w/Cheese & Olives Sliced Apples Wheat Bread Milk	22-Feb Italian Style Beef Steak Mashed Potatoes w/Gravy Zucchini Kidney Bean Salad Prunes Wheat Bread Milk	23-Feb Russian Stroganoff Italian Blend Vegetable Tangy Broccoli Salad Fresh Fruit Wheat Bread Milk	24-Feb Baked Ham Buttered Red Potatoes Brussels Sprouts Greek Salad Mandarin Oranges Wheat Roll Milk	25-Feb Tuna Cauliflower Au Gratin Riviera Blend Vegetable Vegetable Salad Plums Wheat Bread Milk