

# Natrona County Meals On Wheels Menu February 2023

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

(All meals served with 8 oz milk )

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>30-Jan</b> Salisbury Steak Mashed Potatoes w/Gravy Peas & Carrots Raisins Yogurt Wheat Bread Milk	<b>31-Jan</b> Pork Chop O'Brien Spinach Garbanzo Bean & Zucchini Salad Apricots Wheat Bread Milk	<b>1-Feb</b> Spaghetti w/Meat Sauce Cascade Blend Vegetable Broccoli Craisin Salad Grapes Wheat Bread Milk	<b>2-Feb</b> Rosemary Roasted Chicken Mashed Potato w/Gravy Winter Blend Vegetable Tossed Vegetable Salad Pineapple Wheat Roll Milk	<b>3-Feb</b> Pizza w/Meat & Vegetables Oregon Bean Medley Prunes Pudding Milk
<b>6-Feb</b> Pork Pasta Skillet Trio Blend Vegetable Spring Salad Toss Pears Wheat Bread Milk	<b>7-Feb</b> Green Pepper Casserole California Normandy Cucumber & Onion Salad Mandarin Oranges Wheat Roll Milk	<b>8-Feb</b> Chicken Breast Mashed Potatoes w/Gravy Sugar Snap Peas Mixed Green Salad Tropical Fruit Wheat Bread Milk	<b>9-Feb</b> Turkey Meatloaf Sweet Potato Keywest Blend Vegetable Carrifruit Salad Pudding Wheat Bread Apple Juice Milk	<b>10-Feb</b> Beef Stew Asparagus Creamy Green Pepper Salad Fruit Cocktail Wheat Bread Milk
<b>13-Feb</b> Beef & Potato Pie Lima Beans Spinach & Mushroom Salad Applesauce Wheat Bread Milk	<b>14-Feb</b> Bbq Chicken Rosemary Potatoes Malibu Blend Vegetable Marinated Tomato Salad Plums Wheat Bread Milk	<b>15-Feb</b> Pork, Zucchini & Peppers Italian Herb Potatoes Creamy Chopped Salad Prunes Wheat Bread Milk	<b>16-Feb</b> Roast Beef Mashed Potatoes w/Gravy Venetian Blend Vegetable Garden Bounty Salad Fresh Fruit Wheat Roll Milk	<b>17-Feb</b> Baked Fish Fillets Lemon Rice Pilaf Sunshine Carrots German Coleslaw Peaches Wheat Bread Milk
<b>20-Feb</b> Bacon Wrapped Chicken Mashed Potato w/Gravy Sicilian Blend Vegetable Lettuce Salad w/Cheese & Olives Sliced Apples Wheat Bread Milk	<b>21-Feb</b> Italian Style Beef Steak Mashed Potatoes w/Gravy Zucchini Kidney Bean Salad Prunes Wheat Bread Milk	<b>22-Feb</b> Russian Stroganoff Italian Blend Vegetable Tangy Broccoli Salad Fresh Fruit Wheat Bread Milk	<b>23-Feb</b> Baked Ham Buttered Red Potatoes Brussels Sprouts Greek Salad Mandarin Oranges Wheat Roll Milk	<b>24-Feb</b> Tuna Cauliflower Au Gratin Riviera Blend Vegetable 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.