



## February 2019

Meals on Wheels (623) 931-7436

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Meal Delivery Time</b> <b>10:15-1:30 p.m.</b> <b>Please be ready for</b> <b>your Driver</b>	<b>*Special Diets</b> <b>May Vary*</b>	<b>MILK SERVED DAILY:</b> <b>½ Pint</b>		<b>NO LUNCH</b> <b>SERVED</b>	1 2
3	4 Beef Stew w/ Country Mix Veg. Broccoli Baked Sliced Apples	5 Turkey Burger Sweet Potatoes Lima Beans Fresh Fruit	6 Chicken Rotini Baby Carrots Italian Green Beans Fruit Cocktail	7 Beef Tostada Refried Beans Spanish Rice Pineapple Tidbits	<b>NO LUNCH</b> <b>SERVED</b>	8 9
10	11 Pork Fajita Stewed Tomatoes Pinto Beans Pear Slices	12 Baked Cod Savory Spinach Cauliflower Fresh Fruit	13 Tuna Noodle Casserole Country Mix Veg. Tuscany Blend Veg. Chilled Peaches	14 Savory Salisbury Steak Mashed Potatoes w/ Gravy Sweet Peas Sugared Cookie	<b>NO LUNCH</b> <b>SERVED</b>	15 16
17	<b>HOLIDAY</b> <b>NO LUNCH</b> <b>SERVED</b>	19 BBQ Chicken Flame Roasted Corn Broccoli Fresh Fruit	20 Beef & Bean Chili Sweet Baby Carrots Cornbread Applesauce	21 Turkey Tetrazzini Sweet Peas Brussel Sprouts Fruited Gelatin	<b>NO LUNCH</b> <b>SERVED</b>	22 23
24	25 Teriyaki Chicken Egg Roll Mandarin Blend Veg. Mandarin Oranges	26 Pulled Pork Carrot Coins Asparagus Fresh Fruit	27 Beef Goulash Winter Blend Veg. Cut Green Beans Sliced Peaches	28 Chicken Caesar Salad Sliced Tomatoes Potato Salad Fruited Yogurt	<b>*YWCA MENU-</b> <b>Subject to</b> <b>Change*</b>	