

**SENIOR
February
2010**



SERVING SENIORS IN BOONE LEE OGLE WINNEBAGO COUNTIES

To make a reservation in Rockford

815-963-1609
or
1-800-779-1189

RESERVATIONS & CANCELLATIONS CALL BY 10:00 AM THE DAY BEFORE



A United Way Agency



***Choice A only sent to MEALS ON WHEELS CLIENTS**

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 MEAT LOAF MASHED POT/GRAVY CALIFORNIA BLEND VEG CORN MUFFIN FRESH ORANGE	2 BEEF & BEAN BURRITO SPANISH RICE CORN TOSSED SALAD/DRSG TROPICAL FRUIT	3 A.) CHICKEN PATTY WHOLE WHEAT BUN AUGRATIN POTATOES LIMA BEANS CITRUS FRUIT CUP B) S & S Ham/Ch - Tomato	4 SWISS STEAK MASHED POT/GRAVY PACIFIC BLEND VEG WHEAT BREAD - 2 CHILLED APRICOTS	5 BAKED HAM SWEET POTATOES LIMA BEANS WHEAT BREAD-2 FRESH PEAR
8 SW./SOUR MEATBALLS BROWN RICE STIR FRY VEGETABLES WAX BEANS DINNER ROLL - 1 FRESH APPLE	9 A.) CRISPY CHIX STRIPS RANCH MASHED POT. CALIFORNIA BLEND VEG WHEAT BREAD - 1 CHILLED PINEAPPLE B) S & S Bologna-Minestrone	10 BAKED PORK CHOP WHIPPED POTATOES PORK GRAVY PACIFIC BLEND VEG. WHEAT ROLL - 1 PEACH COBBLER	11 SPAGHETTI MEATSAUCE WHEAT PASTA TOSSED SALAD/DRSG. SCAND. BLEND VEG GARLIC BREAD - 1 CHILLED APPLESAUCE	12 SMOTHERED CHIX BREAST PINTO BEANS SPINACH CORN MUFFIN MANDARIN ORANGES
15 B.B.Q. RIBLETT HAMBURGER BUN AUGRATIN POTATOES CALIF. BLEND VEG. TROPICAL FRUIT	16 BEEF STEW BUTTERMILK BISCUIT WINTER BLEND VEG. COLE SLAW CHILLED PINEAPPLE	17 LEMON PEPPER POLLOCK RICE PILAF BRUSSEL SPROUTS BABY CARROTS WHEAT BREAD - 1 PEACHES/BLUEBERRIES	18 ITALIAN MEATBALLS WHOLE GRAIN PENNE PACIFIC BLEND VEG BROCCOLI WHEAT ROLL - 1 CITRUS FRUIT CUP	19 FISH PATTY WHEAT BUN CHEESY MASHED POT. CAPRI BLEND VEG. PEACHES & PEARS B) S & S Turkey/Ch.-Chili
22 ITALIAN BEEF HOT DOG BUN TATOR TOTS WINTER BLEND VEG. SLICED APPLES	23 CHEESEBURGER WHOLE WHEAT BUN POTATO PANCAKES BLACK EYED PEAS CHILLED APRICOTS	24 BAKED CHICKEN MASHED POT/GRAVY CALIFORNIA BLEND VEG DINNER ROLL - 1 APPLE CRISP	25 TURKEY BURGER WHOLE WHEAT BUN HASH BROWNED POT. PACIFIC BLEND VEG MIXED BERRIES	26 A.) WHOLE GRAIN THREE CHEESE PIZZA BABY CARROTS/DIP THREE BEAN SALAD PEACHES & PEARS B) S&S Roast Beef-Chix Noodle



8 OZ OF LOW FAT MILK SERVED WITH ALL LUNCHES

