

**SENIOR
FEBRUARY
2012**



**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
8 OZ OF LOW FAT MILK SERVED WITH ALL LUNCHES 	<i>We will be observing Lent Feb. 22 - April 7</i>	1 CHEESY BEEF TACO FLOUR TORTILLA SPANISH RICE MEXICAN CORN LETTUCE & TOMATO CITRUS FRUIT CUP	2 CHICKEN POT PIE CAPRI BLEND VEG. COLE SLAW BAKED PEACHES DINNER ROLL - 1	3 PIZZA BURGER ENRICHED BUN TATOR TOTS SCAND. BLEND VEG. FRESH ORANGE B.) EGG SALAD/CHILI
6 SPAGHETTI MEATSAUCE WHEAT PASTA ITALIAN BLEND VEG. HOT CINN. APPLESAUCE GARLIC BREAD DICED PEACHES	7 A.) GR. CHICKEN BREAST WHEAT BUN SCALLOPED POTATOES GREEN BEANS APRICOTS B.) BEEF/CHICKEN RICE	8 BAKED PORK CHOP MASHED POT/GRAVY TOSSED SALAD/DRSG WINTER BLEND VEG. WHEAT ROLL PINEAPPLE "UP" CAKE	9 CRISPY CHIX STRIPS RANCH MASHED POT. CALIFORNIA BLEND VEG DINNER ROLL - 1 TROPICAL FRUIT HONEY MUSTARD DIP	10 SWEDISH MEATBALLS EGG NOODLES BABY CARROTS BROCCOLI PEACHES & PEARS DINNER ROLL
13 CHEESE OMELETTE TURKEY SAUSAGE PATTY CHEESY HASHBROWNS MANDARIN ORANGES APPLE JUICE BLUEBERRY MUFFIN	14 ITALIAN MEATLOAF OVEN BROWNE POT. PEAS & CARROTS STRAWBERRIES WHEAT BREAD - 2	15 BAKED CHICKEN QTR. MASHED POT/GRAVY BABY CARROTS TOSSED SALAD/DRSG WHEAT ROLL PEACH COBBLER	16 A.) MUSH. SWISS BURGER ENRICHED BUN TATOR TOTS LIMA BEANS SPICED APPLE RINGS B.) TKY. SALAD/TOMATO	17 B.B.Q. RIBLETT WHEAT BUN AUGRATIN POTATOES GREEN BEANS CHILLED PINEAPPLE
20 CHICKEN PATTY WHOLE WHEAT BUN POTATO PANCAKES PEAS & CARROTS TROPICAL FRUIT CUP	21 CHEF SALAD W/ TURKEY,HAM,CHEESE TOMATO,CUKE,EGG WHEAT ROLL - DRSG. APPLE SLICES TOMATO JUICE	22 TUNA & NOODLES SLICED CARROTS BAKED PEARS WHEAT ROLL CHILLED PINEAPPLE	23 A.) HOT HAM & CHEESE WHEAT BUN SCALLOPED POTATOES ITALIAN BLEND VEG. DICED PEARS B.) SALAMI/VEGETABLE	24 CRISPY FISH SANDWICH ENRICHED BUN CHEESY MASHED STEAMED PEAS MANDARIN ORANGES
27 POLISH SAUSAGE W/ SAUERKRAUT ON BUN MACARONI & CHEESE WINTER BLEND VEG. COLE SLAW FRESH ORANGE	28 A.) CHEESEBURGER WHOLE WHEAT BUN TATOR TOTS WHOLE KERNEL CORN APRICOTS B.) BOLOGNA/CHILI	29 LIVER & ONIONS MASHED POT/GRAVY CALIFORNIA BLEND VEG WHEAT ROLL DICED PEARS		