



February 2018



MEALS ON WHEELS BY ACC
"ALL SEASONS CAFE"

SUGGESTED DONATION: \$2.00 PER MEAL

Menu Subject to Change Without Notice

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

For more information about our program visit
our website at www.mowsac.org



<p>For more information about our program visit our website at www.mowsac.org</p>				<p>1 Chicken & Apricot Rice Carrots Brussels Sprouts Whole Wheat Bread w/Marg Banana</p>	<p>2 Pollock (fish) w/Spinach Sauce Sweet Potatoes Cauliflower Whole Wheat Bread w/Marg Apple Juice</p>
<p>5 Spaghetti w/Meatballs (beef) Corn Broccoli Whole Wheat Bread w/Marg Orange</p>	<p>6 Ginger Pork* Red Skin Potatoes Green Pea Blend Whole Wheat Bread w/Marg Blended Juice</p>	<p>7 Pesto Chicken Carrots Brussels Sprouts Whole Wheat Bread w/Marg Pear Cup</p>	<p>8 Beef Patty Strips w/Gravy Mixed Greens Seasons Vegetables Whole Wheat Bread w/Marg Raisins</p>	<p>9 Chicken Breast & Teriyaki Rice Cauliflower Peas & Carrots Whole Wheat Bread w/Marg Banana</p>	
<p>12 BBQ Chicken Drumsticks Brussels Sprouts Black Beans & Corn Whole Wheat Bread w/Marg Mixed Fruit Cup</p>	<p>13 All Beef Patty over Chipotle Cheesy Rice Corn Broccoli Whole Wheat Bread w/Marg Raisins</p>	<p>14 Grilled Pork* w/Brown Gravy Mixed Greens Sweet Potatoes Whole Wheat Bread w/Marg Apple</p>	<p>15 Mushroom Swiss Chicken & Rice Cinnamon Apples Peas & Carrots Whole Wheat Bread w/Marg Banana</p>	<p>16 Stuffed Shell & Meatsauce (beef) Northern Beans Spring Vegetables Whole Wheat Bread w/Marg Orange Juice</p>	
<p>19 PRESIDENT'S HOLIDAY NO MEAL SERVICE</p>	<p>20 BBQ Chicken Sweet Potatoes Broccoli Bran Muffin w/Marg Applesauce Cup</p>	<p>21 Breakfast Scramble* Asparagus Hash Browns Whole Wheat Bread w/Marg Raisins</p>	<p>22 Tilapia (fish) w/Coconut Curry Rice Cinnamon Apples Lima Beans Whole Wheat Bread w/Marg Grape Juice</p>	<p>23 Chicken & Tomato Basil Penne Green Beans Corn w/Peppers Whole Wheat Bread w/Marg Banana</p>	
<p>26 Chicken Breast & Florentine Rice Asparagus Carrots Whole Wheat Bread w/Marg Raisins</p>	<p>27 Beef Patty & Onion Gravy Red Skin Potatoes Broccoli Whole Wheat Bread w/Marg Apple</p>	<p>28 Chicken Cacciatore Asparagus Hash Browns Whole Wheat Bread w/Marg Pineapple Cup</p>	<p>St. Valentine</p>		