

# February 2019 Meals on Wheels & Senior Cafe

**Meals on Wheels**—Please remember to cancel your meal 24 hours in advance of any appointments, etc.


**Sylva 631-8044**

**Cashiers 745-6856**

**Senior Café**—Reservations & Cancellations must be made by 3pm one day in advance.

**Sylva 631-8045**

**Cashiers 745-6856**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
|   |    |  |  | <b>1 Meatloaf</b><br><b>Mashed Potatoes</b><br><b>4-way Vegetables</b><br><b>Apple Cobbler</b><br><b>Biscuit      Milk</b>                              |
| <b>4 Beef Lasagna</b><br><b>Broccoli</b><br><b>Garden Salad</b><br><b>Garlic Breadsticks</b><br><b>Spiced Apples    Milk</b>                         | <b>5 Baked Ham</b><br><b>w/Sliced Pineapple</b><br><b>Broccoli Casserole</b><br><b>Sweet Potato</b><br><b>Roll                  Milk</b>       | <b>6 Pinto Beans</b><br><b>Turnip Greens</b><br><b>Macaroni &amp; Cheese</b><br><b>Cornbread</b><br><b>Orange Juice    Milk</b>            | <b>7 Oven Fried Chicken</b><br><b>Honey Glazed Carrots</b><br><b>Crowder Peas    Milk</b><br><b>Chocolate Pudding</b><br><b>Cornbread    AJ</b>            | <b>8 Pork Chop w/Gravy</b><br><b>Creamed Rice</b><br><b>Squash</b><br><b>Spiced Apples</b><br><b>Roll                  Milk</b>                         |
| <b>11 Hamburger Steak</b><br><b>w/Mushroom Gravy</b><br><b>Broccoli Casserole</b><br><b>Mashed Potatoes    Roll</b><br><b>Sliced Peaches    Milk</b> | <b>12 Turkey Sandwich</b><br><b>on WW Bread</b><br><b>Vegetable Beef Soup</b><br><b>Crackers    Milk    OJ</b><br><b>Lemon Pudding</b>         | <b>13 Country Fried Steak</b><br><b>w/white gravy</b><br><b>Mashed Potatoes</b><br><b>Fried Okra</b><br><b>Biscuit            Milk</b>     | <b>14 Baked Chicken</b><br><b>Breast    Pasta Alfredo</b><br><b>Broccoli w/Red Peppers</b><br><b>Mandarin Oranges</b><br><b>Roll                  Milk</b> | <b>15 Grilled Pork Cutlet</b><br><b>w/Gravy    Cheese Grits</b><br><b>Sauerkraut</b><br><b>Hot Sliced Apples</b><br><b>WW Roll          Milk</b>        |
| <b>18 BBQ Meatballs</b><br><b>Squash Casserole</b><br><b>Green Peas</b><br><b>Choc Chip Cookie</b><br><b>WW Roll          Milk</b>                   | <b>19 Chicken &amp; Dumplings</b><br><b>Buttered Carrots</b><br><b>Mixed Fruit</b><br><b>Cornbread    Milk</b><br><b>Oatmeal Raisin Cookie</b> | <b>20 Fried Fish Filet</b><br><b>Okra &amp; Tomatoes</b><br><b>Macaroni &amp; Cheese</b><br><b>Mixed Fruit</b><br><b>Cornbread    Milk</b> | <b>21 Chopped Beef BBQ</b><br><b>Coleslaw    Bun</b><br><b>Cheesy Potatoes</b><br><b>Hot Applesauce</b><br><b>Milk</b>                                     | <b>22 Roast Turkey Breast</b><br><b>w/Gravy          Rice</b><br><b>Green Beans</b><br><b>Roll                  Milk</b><br><b>Butterscotch Pudding</b> |
| <b>25 Cheeseburger/Bun</b><br><b>Lettuce &amp; Tomato</b><br><b>Baked Beans</b><br><b>Peach Halves</b><br><b>Milk</b>                                | <b>26 Baked Chicken</b><br><b>(Leg/Thigh)    Roll</b><br><b>Broccoli/Cauliflower</b><br><b>Black-eyed Peas</b><br><b>Sugar Cookie    Milk</b>  | <b>27 Beef Stroganoff</b><br><b>w/Egg Noodles</b><br><b>Green Beans</b><br><b>Hot Harvard Beets</b><br><b>WW Roll    Pears    Milk</b>     | <b>28 Chef Salad</b><br><b>ham,turkey,cheese,egg</b><br><b>Potato Salad</b><br><b>Cottage Cheese &amp; Fruit</b><br><b>Crackers          Milk</b>          |   |