

February 2018 Meals on Wheels & Senior Café

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
			1 Lentil Soup Ham & Cheese on Bun Fresh Orange Milk	2 Ribs & Sauerkraut Garlic Mashed Potatoes Tomato Garbanzo Salad Apple Crisp w/Raisins Cornbread Milk
5 Hamburger Steak w/Gravy Hash Brown Casserole Brussel Sprouts Banana WW Roll Milk	6 Glazed Ham Butternut Squash Seasoned Red Cabbage Blueberries & Cream Cornbread Milk	7 Roast Beef Potatoes & Gravy Green Beans Apples & Raisins Roll Milk	8 White Chicken Chili Apple Cole Slaw Fiesta Cornbread Fruit Cocktail Milk	9 Dixie Pork Roast Cornbread Dressing Red & Green Cabbage Pineapple Fluff Milk
12 Cheeseburger & Bun Lettuce & Tomato Baked Beans Banana Pudding Fresh Orange Milk	13 Chicken Drumsticks Corn w/Peppers Broccoli Peanut Butter Cookie Orange Roll Milk	14 Spaghetti & Meat Balls Green Beans Garden Salad Blueberries & Cream Garlic Breadstick Milk	15 Pulled Pork Sandwich Whole Kernel Corn Lima Beans Pineapple Tidbits Milk	16 Chicken w/Apples Brown Rice Pilaf Harvard Beets Oatmeal Cookie Grapes Milk
19 Chicken Pot Pie (chicken, mixed veggies) Herb Potatoes Spiced Apples Milk Peanut Butter Cookie	20 Pork Chop w/Gravy Creamed Rice Squash Fresh Fruit WW Roll Milk	21 Chicken Cordon Bleu Roasted Red Potatoes Lemon Broccoli Ambrosia Salad WW Roll Milk	22 Cheese Omelet Sausage Patty Hashbrowns Honeydew Melon Apple Juice Biscuit Milk	23 Beef Lasagna Broccoli Garden Salad Homemade Garlic Knots Spiced Apples Milk
26 Salmon Patty Lemon Risotto Broccoli Fresh Orange WW Roll Milk	27 Parmesan Crusted Chicken Green Beans Roasted Sweet Potato Apple Pie Roll Milk	28 Apricot Stuffed Pork Loin Au Gratin Potatoes Carrots Berry Parfait WW Roll Milk		