

February

MOW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MEALS ON WHEELS OFFICE 239-337-1055 DELIVERY TIME MONDAY – SATURDAY 9:30 TO NOON MENU SUBJECT TO CHANGE WITHOUT NOTICE					1 Crab Cakes Vegetable	2 Teriyaki Chicken Salad Muffin
3 Baked ziti Vegetable	4 Lemon pepper chicken Vegetable	5 Roasted pork loin Vegetable	6 Meatloaf & gravy Vegetable	7 Turkey Pot Pie Vegetable	8 Baked parmesan fish vegetable	9 Ham & cheese Sandwich Potato salad
10 Vegetable enchilada casserole vegetable	11 Macaroni & Cheese Vegetable	12 Sweet & Sour Pork Vegetable	13 Honey baked chicken Vegetable	14 Turkey Tetrazzini vegetable	15 Shrimp scampi vegetable	16 Beet & feta cheese salad Fruit
17 Spinach lasagna Vegetable	18 Cheeseburger vegetable	19 BBQ chicken Cornbread stuffing Vegetable	20 Baked Ham Vegetable	21 Beef stroganoff Vegetable	22 Casino crusted fish vegetable	23 Teriyaki chicken sandwich Fruit
24 Chicken & cabbage stir fry Vegetable	25 Spaghetti Marinara Vegetable Garlic bread	26 Roasted turkey Dinner Vegetable	27 Shepherds Pie Vegetable	28 White Bean and Chicken Chili		