

SENIOR
FEBRUARY
2020



SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES

MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE

To make a
reservation
in Rockford

815-963-1609
or
1-800-779-1189

RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE

***CHOICE A only sent to**
MEALS ON WHEELS
CLIENTS

THERE ARE
NO
SUBSTITUTIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL APRICOTS	SALISBURY STEAK CHEESY POTATOES GREEN BEANS DINNER ROLL SLICED PEACHES	A.) SLOPPY JOE WHEAT BUN FARMER POTATOES PEAS & CARROTS FRUIT COCKTAIL B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WHEAT BUN TATOR TOTS BAKED BEANS DICED PEARS
10	11	12	13	14
BBQ RIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS	PEPPER STEAK MASHED POT/GRAVY PEAS WHEAT BREAD - 2 CHILLED PINEAPPLE	BIRTHDAY PARTY HOT BEEF SANDWICH MASHED POT/GRAVY GREEN BEANS BROWNIES BIRTHDAY CAKE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	MOSTACCIOLI W\MEATSAUCE BRUSSELL SPROUTS SCAND. BLEND VEGGIES GARLIC BREAD APRICOTS
17	18	19	20	21
CHICKEN STRIPS SEAS. POTATO WEDGES PEAS DINNER ROLL DICED PEARS BBQ PC	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	BEEF STEW BUTTERMILK BUSCUIT MANDARIN ORANGES	LEMON TILAPIA WILD RICE PEAS DINNER ROLL FRUIT COCKTAIL
24	25	26	27	28
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS DICED PEARS	A.) SLOPPY JOE WHEAT BUN TATOR TOTS GREEN BEANS APRICOTS B.) HAM\VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI DINNER ROLL PUMPKIN BAR	MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
8 oz. Low Fat Milk served with all lunches.				