

**SENIOR  
FEBRUARY  
2019**



**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
				1
				FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
4	5	6	7	8
COUNTRY MEATBALLS MASHED POT \ GRAVY BRUSSELL SPROUTS DINNER ROLL PEACHES	PIZZA BURGER WHEAT BUN GREEN BEANS TATOR TOTS DICED PEARS	SPAGHETTI W \ MEATSAUCE STEAMED PEAS WH. KERNEL CORN GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CHEESY BEEF TACO FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT
11	12	13	14	15
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE HOT DOG BUN	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A.) PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 MANDARIN ORANGES B.) TURKEY/VEGETABLE
18	19	20	21	22
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	BAKED PORK CHOP MASHED POT/GRAVY MIXED VEGGIES TOSSED SALAD/DRSG. DINNER ROLL APPLE CRISP	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WHEAT BREAD-1 APRICOTS	A) TUNA NOODLE CASSEROLE BROCCOLI \ CARROTS PINEAPPLE TIDBITS DINNER ROLL B.) CHIX SAL./TOMATO
25	26	27	28	
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY STEWED TOM/ZUCCHINI DINNER ROLL \ BUTTER APRICOTS	CITRUS BAKED HAM SWEET POTATOES GREEN BEANS WHEAT BREAD-1 FRUIT COCKTAIL	ITALIAN SAUSAGE W\PEPPERS ON BUN RED POTATO WEDGES ITALIAN BLEND VEGGIES DICED PEACHES	8 oz. Low Fat Milk served with all lunches.

