

**SENIOR
February
2024**



**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	2
			A.) LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	FISH PATTY W\ TARTAR WGR WHEAT BUN MAC & CHEESE CALIF BLEND VEGGIES FRUIT COCKTAIL
5	6	7	8	9
ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B.) LIVER & ONIONS	JUMBO HOT DOG W\BUN BAKED BEANS POTATO WEDGES MANDARIN ORANGES	TUNA NOODLE CASSEROLE BROCCOLI\CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL
12	13	14	15	16
B.B.Q. CHIX BREAST WGR DINNER ROLL CHEESY POTATOES CAULIFLOWER PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN TATOR TOTS BROCCOLI DICED PEARS B.) HAM/VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS APRICOTS	TILAPIA & GARLIC BUTTER WILD RICE CALIF. BLEND VEGGIES WGR DINNER ROLL FRUIT COCKTAIL
19	20	21	22	23
COUNTRY MEATBALLS MASHED POT \ GRAVY LIMA BEANS WGR DINNER ROLL PEACHES	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS SCALLOPED POTATOES PINEAPPLE	RAVIOLI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WGR WHEAT BREAD - 1 FRUIT COCKTAIL B.)HAM/CHIX NOODLE	CRISPY FISH SAND. WGR WHEAT BUN/TARTAR HASH BROWNS PEAS DICED PEACHES
26	27	28	29	
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI CALIF. BLEND VEGGIES CORN MUFFIN APRICOTS	8 oz. Low Fat Milk served with all lunches.

