



# City Fare Meals on Wheels Menu February 2021



Monday

Tuesday

Wednesday

Thursday

Friday

<p>2/1 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit Cup</p>	<p>2/2 Fire Braised Chicken Stew Spinach Peach Cobbler Ultimate Grain Honey Bread</p>	<p>2/3 Pot Roast w. Gravy Roasted Baby Bakers Crinkle Cut Carrots Applesauce Cup Dinner Roll</p>	<p>2/4 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce</p>	<p>2/5 Seasoned Flounder Macaroni &amp; Cheese Stewed Tomatoes Banana Strawberry Banana Yogurt</p>
<p>2/8 Broccoli Stuffed Chicken with Gravy Peas &amp; Pearl Onions Crinkle Cut Carrots Strawberry Waffle Cookie</p>	<p>2/9 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Pear Cup Custard Pudding Cup</p>	<p>2/10 Meatloaf with Marsala Mushroom Gravy Macaroni &amp; Cheese Brussels Sprouts Applesauce Cup Dinner Roll</p>	<p>2/11 Chili w. Mozzarella Cheese Potato Wedges Corn Bread Orange Sour Cream</p>	<p>2/12 Pork with Gravy Mashed Potatoes Green Beans Fruit Cup Ultimate Grain Bread</p>
<p>2/15 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread</p>	<p><b>**2/16**</b> Chicken Gumbo Creole Style Beans Tropical Fruit Salad Wheat Roll Chocolate Chip Cookie</p>	<p>2/17 Salmon w Lemon Dill Sauce Roasted Baby Bakers Broccoli White Wheat Bread Rice Pudding Cup</p>	<p>2/18 Chicken &amp; Dumplings Scandinavian Blend Veggies Peach Cup Yogurt Cup</p>	<p>2/19 Cheese Ravioli in Marinara Sauce Italian Blend Veggies Apple Crisp 12 Grain Bread Slice</p>
<p>2/22 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread</p>	<p>2/23 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread</p>	<p>2/24 BBQ Chicken Baked Beans Seasoned Greens Yogurt Cup Cornbread</p>	<p>2/25 Roast Turkey with Gravy Mashed Potatoes Peas &amp; Carrots Peach Cup Rice Krispie Treat Cranberry Sauce</p>	<p>2/26 Seafood Crab Cake Corn Baby Lima Beans Fruit Cup White Wheat Bread Tartar Sauce</p>

- All meals subject to change. All meals contain 1% milk.
- Suggested minimum donation for persons 60+ is \$2.25.
- Cancellations must be called in to our office by 12:00 pm the day before the cancellation. We can no longer take cancellations the day of meal service. Ph# 421-3734