

FORT BEND SENIORS - MEALS ON WHEELS FEBRUARY 2019 MENU

**If you WILL NOT be home please call Prior to or at least
BEFORE 11am Day Before to 281-633-7049**



Friday 2/1/2019
Tuna Salad Potato Salad Marinated Carrots Saltine Crackers Oatmeal Cream Cookie Milk

Monday 2/4/2019	Tuesday 2/5/2019	Wednesday 2/6/2019	Thursday 2/7/2019	Friday 2/8/2019
Swiss Steak Ranch Whipped Potatoes Green Beans with Onions Wheat Bread Fresh Fruit Milk	Chicken Piccata [⊗] Pasta Florentine Country Tomatoes Dinner Roll Fresh Fruit Milk	Hamburger Patty Shredded Lettuce/Pickles Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup	Mexican Chicken Chili Parslied Rice Mixed Greens Cornbread Fresh Banana Milk Margarine	Vegetable Lasagna Broccoli Ginger Carrots Whole Wheat Breadstick Oatmeal Raisin Cookie Milk Diet - Cookie
Monday 2/11/2019	Tuesday 2/12/2019	Wednesday 2/13/2019	Thursday 2/14/2019	Friday 2/15/2019
Parmesan Chicken Macaroni and Cheese Italian Vegetables Whole Wheat Breadstick Fresh Fruit Milk Margarine	Meatloaf Brown Gravy Oven Roasted Potatoes Herbed Green Beans Dinner Roll Oatmeal Cream Cookie Milk	Smoked Sausage*+ Baked Beans Parslied Carrots Hot Dog Bun Fresh Banana Milk Mustard	CLOSED Staff Development	Breaded Fish Whole Kernel Corn Broccoli Hamburger Bun Fresh Fruit Milk Tartar Sauce
Monday 2/18/2019	Tuesday 2/19/2019	Wednesday 2/20/2019	Thursday 2/21/2019	Friday 2/22/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit Milk	Diced Caesar Chicken [⊗] Lemon Herb Pasta Mediterranean Vegetables Pita Bread Pineapple Pudding [⊗] Milk Diet - Vanilla Pudding	Southwestern Stew [⊗] Parslied Potatoes California Vegetables Saltine Crackers Fresh Banana Milk	Sausage with Red Beans*+ Cajun Rice Cabbage Cornbread Fudge Cream Cookie Milk Margarine	Tuscan Chicken Meatballs [⊗] Peas and Carrots Italian Green Beans Dinner Roll Fresh Fruit Milk
Monday 2/25/2019	Tuesday 2/26/2019	Wednesday 2/27/2019	Thursday 2/28/2019	
Rosemary Pork Patty+ Parslied Rice Catalina Vegetables Wheat Bread Fresh Fruit Milk	Sloppy Joe Oven Roasted Potatoes Spring Vegetables Hamburger Bun Chocolate Chip Cookie Milk Diet - Cookie	Chicken Alfredo Ginger Carrots Stewed Tomatoes Wheat Bread Fresh Fruit Milk	Pork Carnitas+ Pinto Beans Fiesta Vegetables Flour Tortilla Fresh Banana Milk	* - Turkey + - Pork [⊗] - New Menu Item <i>Sarah Huttsler, RD, LD</i> Sarah Huttsler, RD, LD #DT81463