

**MEALS ON WHEELS NORTH CENTRAL TEXAS**

**FEBRUARY 2024**

**NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.**

Call or Text 888.869.6325 • Online [www.mownct.org/cancel-my-meal](http://www.mownct.org/cancel-my-meal)

<p><b>10</b></p> 			<p><b>1</b></p> <p>Chicken Nuggets Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Applesauce Cup Chocolate Crème Cookies</p>	<p><b>2</b></p> <p>Pork Patty &amp; Rice w/Roasted Garlic Gravy Succotash Carrots Whole Wheat Bread Margarine Grape Juice Graham Crackers</p>	
		<b>OR</b>		<b>OR</b>	
				<p>Beef Patty &amp; Onion Gravy Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Applesauce Cup Chocolate Crème Cookies</p>	<p>Chicken &amp; Teriyaki Rice Sweet Potatoes Brussels Sprouts Whole Wheat Bread Margarine Grape Juice</p>
<p><b>5</b></p> <p>Spaghetti &amp; Meatballs Whole Kernel Corn Broccoli Florets Whole Wheat Bread Margarine Apple Juice</p>	<p><b>6</b></p> <p>Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Grape Juice</p>	<p><b>7</b></p> <p>Beef Strip Patty &amp; Brown Gravy Spinach Four Seasons Vegetable Blend Cornbread Muffin Margarine Chocolate Crème Cookies</p>	<p><b>8</b></p> <p>BBQ Chicken Patty Succotash Green Beans Whole Wheat Bread Margarine Oatmeal Crème Cookie</p>	<p><b>9</b></p> <p>Ginger Pork Patty Red Skin Potatoes Green Pea Blend Whole Wheat Bread Margarine Fig Bar</p>	
<b>OR</b>		<b>OR</b>		<b>OR</b>	
<p>Breaded Pollock &amp; Coconut Curry Rice Three Seasons Vegetable Blend Broccoli Florets Whole Wheat Bread Margarine Apple Juice</p>	<p>Breakfast Burrito with Salsa Hash Browns Applesauce Whole Wheat Bread Margarine Grape Juice</p>	<p>Creamy Breaded Chicken Patty Lima Beans Mixed Vegetables Cornbread Muffin Margarine Apple Juice</p>	<p>Chicken Noodle Casserole Bean Blend Three Seasons Vegetable Blend Whole Wheat Bread Margarine Oatmeal Crème Cookie</p>	<p>Chili with Beans Carrots Broccoli Florets Whole Wheat Bread Margarine Fig Bar</p>	

All meals served with 1% low-fat white or non-fat chocolate milk.

\*\*\*This menu is based on product availability, substitutions may be made.\*\*\*

12	13	14	15	16
Breaded Chicken Patty Whole Kernel Corn Spring Vegetable Blend Cornbread Muffin Margarine Chocolate Chip Cookie	Pork Patty w/Brown Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Strawberry Cereal Bar	Thai Chili Meatballs w/Rice Green Pea Blend Broccoli Florets Whole Wheat Bread Margarine Apple Juice Graham Crackers	Three Cheese Ravioli & Spinach Alfredo Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Raisins	Chipotle Meatloaf Red Skin Potatoes Green Beans Cornbread Muffin Margarine Applesauce Cup
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
Meatballs over Pizzaiola Sauce Green Beans Carrots Cornbread Muffin Margarine Chocolate Chip Cookie	Chicken & Apricot Rice Carrots Brussels Sprouts Whole Wheat Bread Margarine Strawberry Cereal Bar	Breaded Pollock Wedge Autumn Vegetable Blend Butternut Squash Whole Wheat Bread Margarine Apple Juice Graham Crackers	Breakfast Scramble Asparagus Hash Browns Whole Wheat Bread Margarine Raisins	Macaroni & Cheese Bean Blend Brussels Sprouts Cornbread Muffin Margarine Applesauce Cup

19	20	21	22	23
Grilled BBQ Pork Patty Black Beans & Corn Brussels Sprouts Whole Wheat Bread Margarine Oatmeal Crème Cookie	Cilantro Lime Meatballs w/Rice Bean Blend Carrots Whole Wheat Bread Margarine Apple Juice	Rosemary Chicken Lima Beans Spring Vegetable Blend Whole Wheat Bread Margarine Chocolate Crème Cookies	Salisbury Steak Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Mandarin Orange Cup Grape Juice	Pepperoni Pizza Four Seasons Vegetable Blend Whole Kernel Corn Whole Wheat Bread Margarine Orange Juice
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>
Chicken & Dumplings Lima Beans Winter Vegetable Blend Whole Wheat Bread Margarine Oatmeal Crème Cookie	Breaded Pollock with Parma Rosa Sauce Corn with Peppers Italian Green Beans Whole Wheat Bread Margarine Apple Juice Graham Crackers	Pork Patty with Zesty Orange Rice Green Peas Carrots Whole Wheat Bread Margarine Chocolate Crème Cookies	Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Mandarin Orange Cup Grape Juice	Beef Patty over Cheesy Chipotle Rice Whole Kernel Corn Broccoli Florets Cornbread Muffin Margarine Orange Juice

26	27	28	29	
Chicken & Penne Pasta Alfredo Carrots Butternut Squash Whole Wheat Bread Margarine Apple Cereal Bar	Pollock Nuggets Northern Beans Broccoli Florets Cornbread Muffin Margarine Orange Juice	Beef Pepper Patty w/Gravy Spinach Sweet Potatoes Whole Wheat Bread Margarine Chocolate Crème Cookies	Breaded Parmesan Chicken Patty Red Skin Potatoes Mixed Vegetables Whole Wheat Bread Margarine Tropical Fruit Cup	
<b>OR</b>	<b>OR</b>	<b>OR</b>	<b>OR</b>	
Beef Patty Carrots Brussels Sprouts Cornbread Muffin Margarine Apple Cereal Bar	Southwest Chicken Tenders Sweet Potatoes Broccoli Florets Whole Wheat Bread Margarine Orange Juice	Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Chocolate Crème Cookies	Beef Strip w/Orange Rice Corn with Peppers Broccoli Florets Whole Wheat Bread Margarine Tropical Fruit Cup	