

**Meals on Wheels--Christian Senior Services**

**February 1-29, 2012 (Revised 1/18/2012)**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>February 1, 2012</b>	<b>February 2, 2012</b>	<b>February 3, 2012</b>
<b>Nutritional Information (weekly average for month):</b> <b>Calories : 713 calories</b> <b>Protein: 33.58 grams</b> <b>Carbohydrate: 96.89 grams</b> <b>Total Fat: 22.50 grams (28.40% of total calories from fat)</b> <b>Fiber: 10.59 grams</b>		Beef Stir-Fry with Oriental Vegetables over Rice Seasoned Carrots Biscuit  Assorted Pudding 1% Milk	Unbreaded Chicken Filet with Chicken Gravy Sweet Potato Casserole Seas 5-Way Mixed Vegetables Wheat Bread Applesauce Chocolate Milk	Swiss Steak with Tomato Gravy Mashed Potatoes Seasoned Peas  Dinner Roll Oatmeal Cookie 1% Milk
<b>February 6, 2012</b>	<b>February 7, 2012</b>	<b>February 8, 2012</b>	<b>February 9, 2012</b>	<b>February 10, 2012</b>
Breaded Chicken Sandwich on Bun Baked Beans Seasoned Yellow Squash Mayonnaise Fresh Banana 1% Milk	Breaded Fish Filet Potato Wedges Seasoned Spinach Tartar Sauce Wheat Bread Gingerbread Cookie Chocolate Milk	Beef Stew with Parsley Noodles Seasoned Broccoli Cornbread  Fresh Tangelo 1% Milk	Chicken Pot Pie Seasoned Cauliflower Seasoned Beets  Assorted Pudding Chocolate Milk	Lasagna with Marinara Sauce & Mozzarella Cheese Seas. Italian Mix. Vegetables Garlic Bread  Fresh Pear 1% Milk
<b>February 13, 2012</b>	<b>February 14, 2012</b>	<b>February 15, 2012</b>	<b>February 16, 2012</b>	<b>February 17, 2012</b>
Fishwich Sandwich on Bun Macaroni & Cheese Seasoned Mixed Greens  Tartar Sauce Animal Crackers 1 % Milk	Meatloaf with Beef Gravy Mashed Potatoes Seasoned Carrots  Dinner Roll Fresh Banana 1% Milk	Chicken Casserole Seasoned Mixed Squash Seasoned Beets  Wheat Bread Fig Bar Chocolate Milk	Hamburger on Bun Seasoned Potato Wedges Seasoned Peas  Catsup & Mustard Fresh Orange 1% Milk	Breaded Chicken Patty with Smothered Chicken Gravy Mashed Potatoes Seas 5-Way Mixed Vegetables Dinner Roll Applesauce/1% Milk <b>Holiday Meal Delivery</b>
<b>February 20, 2012</b>	<b>February 21, 2012</b>	<b>February 22, 2012</b>	<b>February 23, 2012</b>	<b>February 24, 2012</b>
Salisbury Steak with Brown Gravy Twice Baked Mashed Potatoes Seasoned Green Beans Dinner Roll Applesauce/1% Milk <b>Holiday</b>	Tamales Spanish Rice Tex-Mex Corn Seasoned Pinto Beans  Cinnamon Teddy Grahams 1% Milk	Fiesta Fish Cheesy Mashed Potatoes Seasoned Brussel Sprouts Wheat Bread Fresh Banana 1 % Milk <b>Ash Wednesday</b>	BBQ Chicken on Bun Seasoned Black-eyed Peas Seasoned Mixed Greens  Crispy Rice Bar Chocolate Milk	Breaded Fish Nuggets Au Gratin Potatoes Seasoned Peas & Carrots Tartar Sauce Wheat Bread Fresh Orange 1% Milk
<b>February 27, 2012</b>	<b>February 28, 2012</b>	<b>February 29, 2012</b>		
Spaghetti with Meatballs with Marinara Sauce Seasoned Zucchini Garlic Bread  Fresh Banana 1% Milk	Rib Sandwich on Bun Potato Wedges Seas 5-Way Mixed Vegetables  Peanutbutter Cookie 1% Milk	Beef Tips with Brown Gravy over Noodles Seasoned Green Beans Biscuit  Fresh Orange Chocolate Milk	<b>Nutritional Information (Goals for each week)</b> <b>Calories: Over 600 calories</b> <b>Protein: Over 20 grams</b> <b>Carbohydrate: Less than 100 grams</b> <b>Fat: Less than 30% of total calories from fat</b> <b>Fiber: Over 7 Grams</b>	
<b>NOTE:</b>	<b>Contact Phone Number: 735-5115</b>			
<b>Holiday Meal</b>	There will be no meal delivery on Monday, February 20, 2012, for the observance of Presidents' Day. The meal will be delivered Friday, February 17, 2012.			
<b>Frozen Meals</b>	FROZEN MEAL entrees are prepared separately and will not be the same as the "Hot Meals" above.			
<b>Special Diets</b>	SPECIAL DIET meal and side items may be different than stated on the menu to meet diet requirements. SPECIAL DIETS ARE NOT SERVED ON HOLIDAYS.			