

Meals on Wheels of Denton County February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken Meatballs with Tomato Sauce Side Items: Parslied Buttered Noodles Steamed Broccoli Dinner Roll Dessert: Red Velvet Cupcake	2 Beef Stroganoff with Bowtie Pasta Side Items: Mixed Greens Mixed Vegetables Texas Bread Dessert: Mixed Fruit Cup	3 Pimento Cheese Side Items: Balsamic Tomatoes and Mozzarella Carrot Raisin Salad Wheat Bread Dessert: Chocolate Graham Crackers
6 Chili Macaroni Side Items: Seasoned Green Beans Sweet Corn Texas Bread Dessert: Fresh Fruit	7 BBQ Pork Rib Patty Sides Items: Garlic Mashed Potatoes Mixed Greens Cornbread Muffin Dessert: Nutty Buddy Bar	8 Turkey Pasta Bolognese Side Items: Steamed Broccoli Yellow Squash Wheat Bread Dessert: Brownie	9 Hamburger Side Items: Baked Beans Lettuce and Tomato Hamburger Bun Dessert: Warm Apple Crisp	10 Tuscan Chicken Side Items: Buttered Peas Roasted Carrots Wheat Bread Dessert: Fig Bar
13 King Ranch Chicken Casserole Side Items: Fiesta Vegetables Whole Kernel Corn Whole Wheat Tortilla Dessert: Fresh Fruit	14 Mushroom Swiss Burger Sides Items: Ranch Roasted Potatoes Steamed Broccoli Hamburger Bun Dessert: Vanilla Pudding	15 Sliced Turkey with Cranberry Compote Side Items: Cornbread Dressing Green Bean Casserole Dessert: Pumpkin Pie Parfait	16 Vegetable Pot Pie Side Items: Stewed Tomatoes Peas and Carrots Dinner Roll Dessert: Fresh Banana	17 Chicken Spaghetti Side Items: Tangy Spinach Whole Kernel Corn Wheat Bread Dessert: Fruited Gelatin
20 Stuffed Bell Pepper Casserole Side Items: Stewed Tomatoes Catalina Blend Vegetables Whole Wheat Tortilla Dessert: Graham Crackers	21 Apple Glazed Pork Loin Side Items: Sweet Green Peas Buttered Carrots Wheat Bread Dessert: Butterscotch Pudding	22 Chicken Fried Steak with Gravy Side Items: Seasoned Green Beans Mashed Potatoes Cornbread Muffin Dessert: Cherry Gelatin	23 Chicken Parmesan Side Items: Herbed Rice Mixed Vegetables Wheat Bread Dessert: Carnival Cookie	24 Egg Salad Side Items: Coleslaw Beet Salad Texas Bread Dessert: Fresh Fruit
27 Cheese Omelet Side Items: Crispy Cubed Potatoes Stewed Tomatoes Biscuit Dessert: Fresh Fruit	28 Breaded Chicken Patty with Honey Mustard Sauce Side Items: Seasoned Green Beans Sliced Carrots Wheat Bread Dessert: Fudge Cream Cookie			*Due to unavailability of certain items, appropriate substitutions may need to be made

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*Due to unavailability of certain items, appropriate substitutions may need to be made		1 Salisbury Steak with Mushroom Gravy Side Items: Buttered Sweet Peas Whole Kernel Corn Texas Bread Dessert: Vanilla Pudding	2 White Bean Chili Side Items: Winter Blend Vegetables Seasoned Spinach Texas Bread Dessert: Oatmeal Cream Cookie	3 Beef Burgundy Side Items: Red Rosemary Potatoes Steamed Broccoli Dinner Roll Dessert: Spice Cake
6 Chicken Soft Taco Side Items: Simmered Black Beans Tangy Slaw Whole Wheat Tortilla Dessert: Warm Rice Pudding	7 Cheeseburger Side Items: Sweet Potato Puffs Lettuce and Tomato Hamburger Bun Dessert: Apple Cobbler	8 Cheese Ravioli with Garlic Butter Sauce Side Items: Herbed Green Beans Catalina Blend Vegetables Wheat Bread Dessert: Carrot Raisin Cake	9 Sweet and Sour Beef Meatballs Side Items: Jasmine Rice Japanese Mixed Vegetables Texas Bread Dessert: Fresh Fruit	10 Chicken Fried Steak with Gravy Side Items: Cheesy Scalloped Potatoes Sliced Carrots Wheat Bread Dessert: Fig Bar
13 Honey Glazed Garlic Breaded Chicken Side Items: Sweet Buttered Corn Green Beans Wheat Bread Dessert: Fresh Fruit	14 Creamy Dijon Pork Loin Side Items: Dirty Rice California Vegetables Texas Bread Dessert: Snickerdoodle Cookie	15 Chicken Meatballs with Tomato Sauce Side Items: Parslied Buttered Noodles Steamed Broccoli Dinner Roll Dessert: Red Velvet Cupcake	16 Beef Stroganoff with Bowtie Pasta Side Items: Mixed Greens Mixed Vegetables Texas Bread Dessert: Mixed Fruit Cup	17 Pimento Cheese Side Items: Balsamic Tomatoes and Mozzarella Carrot Raisin Salad Wheat Bread Dessert: Chocolate Graham Crackers
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