

Meals on Wheels of Denton County February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Gourmet Chicken Salad Side Items: Pasta Salad Marinated Cucumber Salad Multigrain Bread Dessert: Oat Bran Muffin	2 Herb Glazed Turkey Side Items: Whipped Sweet Potatoes Mixed Vegetables Texas Bread Dessert: Red Velvet Cupcake
5 Sweet and Sour Beef Meatballs Side Items: Jasmine Rice Oriental Vegetables Wheat Bread Dessert: Fortune Cookie	6 Turkey Pasta Bolognese Sides Items: Italian Herbed Broccoli Sliced Carrots Multigrain Bread Dessert: Chocolate Chip Cookie	7 Pork Carnitas Side Items: Spanish Rice Seasoned Black Beans Flour Tortilla Dessert: Carrot Cake	8 Cheeseburger Side Items: Baked Beans Lettuce and Tomato Hamburger Bun Dessert: Warm Rice Pudding	9 Salmon Croquette Side Items: Black-Eyed Peas Seasoned Cabbage Texas Bread Dessert: Fruited Gelatin
12 Chicken and Dumplings Side Items: Winter Blend Vegetables Peas and Carrots Saltine Crackers Dessert: Spice Cake	13 Salisbury Steak with Mushroom Gravy Sides Items: Garlic Mashed Potatoes Seasoned Spinach Texas Bread Dessert: Brownie	14 Sliced Turkey with Cranberry Compote Side Items: Cornbread Dressing Herbed Green Beans No Bread Dessert: Pumpkin Bar	15 Creamy Dijon Pork Loin Side Items: Parslied Noodles Buttered Brussels Sprouts Texas Bread Dessert: Fresh Banana	16 Breaded Chicken Patty with Honey BBQ Sauce Side Items: Confetti Rice California Blend Vegetables Multigrain Bread Dessert: Caramel Vanilla Pudding
19 Italian Shells and Cheese Side Items: Sliced Carrots Steamed Yellow Squash Texas Bread Dessert: Fresh Fruit	20 Turkey Sausage with Gravy Side Items: Hashbrown Patty Stewed Tomatoes Biscuit Dessert: Fresh Orange	21 Beef Enchiladas with Red Sauce Side Items: Fiesta Rice Charro Beans Flour Tortilla Dessert: Blonde Brownie	22 Swiss Burger Side Items: Crispy Cubed Potatoes Lettuce and Tomato Hamburger Bun Dessert: Hot Cinnamon Applesauce	23 Pimento Cheese Side Items: Marinated Cucumber Salad Beet Salad Multigrain Bread Dessert: Cherry Gelatin
26 Chicken Etouffee Side Items: Brown Rice Simmered Okra Texas Bread Dessert: Lemon Blueberry Crisps	27 Soft Chicken Taco Side Items: Cilantro Lime Corn Mexican Style Tomatoes Flour Tortilla Dessert: Chocolate Mousse	28 BBQ Chopped Brisket Side Items: Macaroni and Cheese Peas and Carrots Texas Bread Dessert: Banana Pudding	29 Red Beans and Rice Side Items: California Vegetable Blend Sauteed Spinach Cornbread Muffin Dessert: Fruited Gelatin	*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 Beef Burgundy Steak Side Items: Buttered Noodles Steamed Broccoli Wheat Bread Dessert: Snickerdoodle Cookie
4 Mongolian Beef Meatballs Side Items: White Rice Chinese Cabbage Wheat Bread Dessert: Oatmeal Raisin Cookie	5 Creamy Vegetable Potato Stew Side Items: Squash, Zucchini, and Carrots Green Peas Texas Bread Dessert: Fig Bar	6 Meatloaf with Tomato Sauce Side Items: Pesto Penne Pasta Catalina Mixed Vegetables Wheat Bread Dessert: Lemon Bar	7 BBQ Pork Rib Patty Side Items: Ranch Roasted Potatoes Lettuce and Tomato Hamburger Bun Dessert: Warm Spiced Pineapple	8 Breaded Chicken Nuggets with Honey Mustard Sauce Side Items: Whipped Potatoes Sliced Carrots Multigrain Bread Dessert: Fresh Banana
11 Tomato Basil Mozzarella Pasta Side Items: California Vegetable Blend Steamed Corn Wheat Bread Dessert: Fresh Fruit	12 Beef Soft Taco Side Items: Yellow Rice Mexican Pinto Beans Flour Tortilla Dessert: Graham Crackers	13 Swiss Steak Side Items: Herbed Rice Steamed Broccoli Dinner Roll Dessert: Carnival Cookie	14 Gourmet Chicken Salad Side Items: Pasta Salad Marinated Cucumber Salad Multigrain Bread Dessert: Oat Bran Muffin	15 Herb Glazed Turkey Side Items: Whipped Sweet Potatoes Mixed Vegetables Texas Bread Dessert: Red Velvet Cupcake
18 Sweet and Sour Beef Meatballs Side Items: Jasmine Rice Oriental Vegetables Wheat Bread Dessert: Fortune Cookie	19 Turkey Pasta Bolognese Sides Items: Italian Herbed Broccoli Sliced Carrots Multigrain Bread Dessert: Chocolate Chip Cookie	20 Pork Carnitas Side Items: Spanish Rice Seasoned Black Beans Flour Tortilla Dessert: Carrot Cake	21 Cheeseburger Side Items: Baked Beans Lettuce and Tomato Hamburger Bun Dessert: Warm Rice Pudding	22 Salmon Croquette Side Items: Black-Eyed Peas Seasoned Cabbage Texas Bread Dessert: Fruited Gelatin
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