



Racine County Meals on Wheels/Congregate Menu

FEBRUARY 2023 262-833-8766

Call before 9:30 am the previous day (Monday-Friday) to cancel a meal.

		1 BBQ Chicken Thigh Scalloped potatoes Baked bean casserole Wheat bread Fruit Jello	2 Chef's Choice Frozen (will be delivered/picked up Wednesday)	3 Swedish Meatballs w/gravy Mashed potatoes Broccoli; Fresh melon Multigrain bread
6 Roast Pork w/gravy Au gratin potatoes Peas and carrots Wheat bread Whole apple	7 Chef's Choice Frozen (will be delivered/picked up Monday)	8 Salisbury Steak w/gravy; Corn Mashed potatoes Multigrain dinner roll Pineapple tidbits	9 Chef's Choice Frozen (will be delivered/picked up Wednesday)	10 Classic Lasagna w/meat sauce Broccoli; Wheat bread Chef's choice veggie Oatmeal raisin cookie
13 Roast Turkey w/gravy Baked sweet potatoes Mixed veggies Bread stuffing Chef's choice fruit	14 Chef's Choice Frozen (will be delivered/picked up Monday)	15 Shaved Pork w/Mediterranean sauce; Applesauce Scalloped potatoes Brussels sprouts Multigrain bread	16 Chef's Choice Frozen (will be delivered/picked up Wednesday)	17 Citrus Alaskan Pollock; Fresh melon Vegetable rice pilaf Country blend veggie Multigrain dinner roll Chickpea salad
20 Hot Roast Beef Mashed potatoes w/gravy; Fresh orange Peas and carrots Wheat bread	21 Chef's Choice Frozen (will be delivered/picked up Monday)	22 BREAKFAST! Cheese Omelet Hashbrown potatoes Maple glazed pears Raisin bread; Banana Cranberry juice	23 Chef's Choice Frozen (will be delivered/picked up Wednesday)	24 Eggplant Parmesan Penne pasta w/marinara Squash medley Wheat Vienna roll Chilled
27 Sliced Bavarian Style Bratwurst Diced parslid potatoes Carrots Rye bread Fresh melon	28 Chef's Choice Frozen (will be delivered/picked up Monday)			

Menu is subject to change without notice

Diabetic Dessert is offered

Choice of 1% milk or juice included with each meal