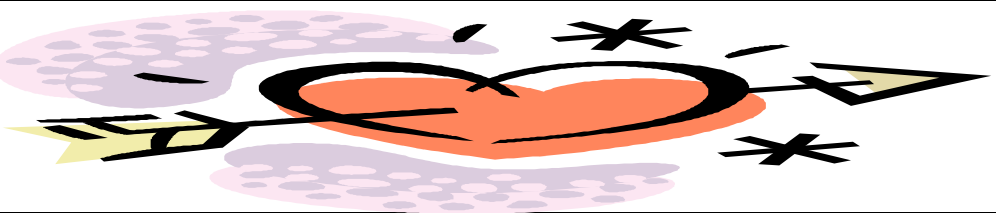




FEBRUARY 2012 M.O.W. LUNCH MENU

Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 TURKEY SAGE LOAF WITH SWEET WHOLE KERNEL CORN BRUSSEL SPROUTS APPLESAUCE FRESH BAKED WH.GRAIN ROLL	2 Groundhog Day SLOPPY JOE MEAT BAKED BEANS ROASTED SWEET POTATOE MIXED FRUIT WHEAT BUN	3 SESAME BEEF AND BROCCOLI STEAMED WHITE RICE CARROTS SUGAR SNAP PEA PODS	4 BARBEQUED PULLED PORK BLACK EYED PEAS MUSTARD GREENS WHEAT BUN ORANGE JUICE
		5 HERBED BAKED CHICKEN CORNBREAD STUFFING BAKED SWEET POTATOES CHUNKY APPLESAUCE	6 PORK POT ROAST BROWN RICE BUTTERMILK BISCUIT GREEN BEANS THREE BEAN SALAD	7 Valentines meal POTATO AND HAM CASSELE SUCCOTASH GLAZED CARROTS PINEAPPLE TIDBITS RED VELEVET CAKE	8 HUNGARIAN GOULASH SWEET AND SOUR CABBAGE SWEET PEAS ORANGE WHOLE WHEAT ROLL	9 HOMEMADE MEATLOAF MASHED POTATOES W/ GR STEWED TOMATOES FRUIT COCKTAIL WHOLE WHEAT ROLL	10 MACARONI AND CHEESE SPINACH CARROTS APPLESAUCE
12 Lincoln's B-Day TENDER BEEF AND BARLE BRUSSEL SPROUTS CARROTS CHUCNKY APPLESAUCE FRESH WHOLE GRAIN ROL	13 BARBEQUE CHICKEN THIG ROASTED SWEET POTATO TENDER MUSTARD GREEN PEARS BUTTERMILK BISCUIT	14 Valentines Day PORK ROAST WITH ONION SWEET WHOLE KERNEL CO WHIPPED POTATOES FRESH BAKED WHOLE GRA	15 taco plate SEASONED BEEF PINTO BEANS WITH CHEES SPANISH RICE TORTILLA CINNAMON APPLES	16 CHEESE OMELETT W/ PEPP ROASTED REDSKINS WHOLE HOG SAUSAGE LIN WARM PEACH CRISP 1/2 ENGLISH MUFFIN	17 CHEESEBURGER MACARON SWEET PEAS CARROTS FRUIT COCKTAIL FRESH BAKED ROLL	18 CHICKEN POT PIE GREEN BEANS CORN BUTTERMILK BISCUIT CREAMY COLESLAW	
19 MEAT LOAF W/ ONION GRA BRUSSEL SPROUTS MASHED POTATOES NAVEL ORANGE FRESH BAKED ROLL	20 President's Day HERBED BAKED CHICKEN REDSKIN POTATOES SPINACH BUTTERMILK BISCUIT APPLESAUCE	21 TURKEY BURGER ROASTED SWEET POTATO MUSTARD GREENS BANANA WHEAT HAMBURGER BUN	22 COUNTRY FRIED CHICKEN WITH COUNTRY GRAVY GREEN BEANS MASHED POTATOES FRESH BAKED WHOLE GRA	23 MEAT LASAGNA STEAMED BROCCOLI SAUTEED CARROTS GARLIC HERBED ROLL	24 TUNA NOODLE CASSEROL MIXED VEGETABLES HARVARD BEETS FRESH BRAN MUFFIN 0	25 BBQ CHICKEN WITH BROWN RICE PEAS AND CELERY PEACHES & PEARS MIX BUTTERMILK BISCUIT	
26 CHICKEN PASTA W/BROCC FAR EAST VEGETABLE BL CARROTS FRESH BAKED ROLL APPLESAUCE	27 HEARTY BEEF STEW SWEET KERNEL CORN STEWED TOMATOES MANDERINE ORANGES BUTTERMILK BISCUIT	28 TURKEY SAGE LOAF ONION GRAVY KERNEL CORN MASHED POTATOES	29 HUNGARIAN GOULASH SWEET & SOUR CABBAGE SWEET PEAS CINNAMON APPLESAUCE FRESH BAKED WH. GRAIN				
		<p>All meals contain 80-100 grams of carbohydrates, approximately 5-6 carb "servings".</p> <p>All menus are trans fat free.</p> <p>Menus Subject to change</p>				<p>Senior Services</p>  <p>Southwest Michigan Meals on Wheels</p>	