## DuPage Senior Citizens Council NUTRITION DEPARTMENT-MEALS ON WHEELS Providing Meals and More... 630-812-6750

## **FEBRUARY 2025**

EXPERIENCE TO THE PROPERTY OF					
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork Roast Au Gratin Potatoes Peas & Carrots Wheat Bread Whole Apple		Cheddar Broccoli Chicken Rice Casserole Cauliflower Whole Wheat Roll Warm Pear/Cran. Crumble	Salisbury Steak Mashed Potatoes Corn Multi-Grain Dinner Roll Pineapple Tidbits	Hot Dog Oven Fries Bean Casserole Wheat Bun Banana	Lasagna w/Meat Sauce Broccoli Chef Choice Veggies Wheat Bread Oatmeal Raisin Cookie (*)
	3	4	5		
Roast Turkey & Gravy Baked Sweet Potatoes Mixed Veggies Bread Stuffing Chef's Fruit	10	Spaghetti & Meatballs Marinara Sauce Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler	Hamburger German Potato Salad Green Beans Wheat Bun Apple Sauce	Chicken Vesuvio Mashed Potatoes Cauliflower & Red Peppers Wheat Bread Mandarin Oranges	Citrus Alaskan Pollock Veggie Rice Pilaf Country Blend Veggies Multi-Grain Dinner Roll Chick Pea Salad Fresh Melon
Hot Roast Beef Mashed Potatoes Peas & Carrots Wheat Bread Fresh Orange	17	BBQ Riblet Oven Fries Black Beans & Corn Wheat Bun Whole Apple	Roast Turkey w/Cheddar Veggie Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie (*)	Western Strata Bake Hash Brown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Fresh Banana	Chicken Breast Parmesan Penne Pasta / Marinara Squash Medley Wheat Vienna Bread Chilled Peaches
Sliced Bavarian Brat/ Cabbage Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	24	Chicken Chardonnay Mashed Potatoes Broccoli Multi Grain Bread Fresh Orange Chocolate Pudding (*)	Texas Chili Mac & Cheese Country Blend Veggies Multi Grain Bread Fruit Cup	Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears	Baked Pollock w/Lemon Baked Potato California Blend Veggies Wheat Bread Lemon Mandarin Pudding (*)
		All Meals Include a Beverage (*) Substitutions for Diabetic	20	21	26