

Monday

Tuesday

Wednesday

Thursday

Friday

February 2020

Meals on Wheels served by the Frederick County ADC

<p>Chicken Noodle Soup LS Crackers Turkey Ham Red Potatoes Broccoli Banana Meatloaf with LS Beef Gravy Fresh Mashed Potatoes Steamed Carrots Fruit Cocktail</p>	<p>3</p>	<p>Sliced Turkey Breast LS Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Shredded Chicken Barbeque on a Roll Potato Salad Coleslaw Applesauce</p>	<p>4</p>	<p>Hamburger on a Roll Ketchup Baked Beans Collard Greens Mandarin Oranges LS Vegetable Sup LS Crackers Chicken Salad Sandwich Carrot and Raisin Salad Tropical Fruit</p>	<p>5</p>	<p>Baked Chicken Mashed Sweet Potatoes Green Beans Tangerine Sugar Cookies Salisbury Steak LS Beef Gravy Mashed Potatoes Lima Beans Apricots</p>	<p>6</p>	<p>Baked Fish Square Tartar Sauce Brown Rice Stewed Tomatoes Pineapple Tidbits Chicken Tetrizzini Kale Peaches Brownie</p>	<p>7</p>
<p>Sliced Turkey Breast LS Turkey Gravy Fresh Mashed Potatoes Mixed Vegetables Fresh Orange Chicken Chow Mein Brown Rice Cabbage Dinner Roll Vanilla Pudding</p>	<p>10</p>	<p>Whole Grain Flour Tortillas Ground Beef Filling Brown Rice, Ranch Beans Chuckwagon Corn Lettuce/Tomato/Cheese/Sour Cream Mandarin Oranges Chicken Breast Fillet Mashed Potatoes Broccoli Applesauce</p>	<p>11</p>	<p>Turkey Burger on a Roll Mayonnaise Baked Sweet Potato Fries Steamed Carrots Tropical Fruit Salad Split Pea Soup LS Crackers Turkey Salad Sandwich Three Bean Salad Grapefruit Sections</p>	<p>12</p>	<p>Meatloaf LS Beef Gravy Fresh Mashed Potatoes Steamed Kale Fruit Cocktail Sugar Cookies Turkey Ham Sweet Potatoes Spinach Apricots</p>	<p>13</p>	<p>Baked Fish Wedge Tartar Sauce Brown Rice Brussels Sprouts Pineapple Tidbits Whole Grain Rotini Pasta Meatballs and Marinara Sauce Peas Tossed Salad w/ Ranch Dressing Mandarin Oranges</p>	<p>14</p>
<p>Baked Turkey and Noodles Broccoli Tossed Salad w/ French Dressing Dinner Roll Sliced Peaches Lasagna Green Beans Italian Bread Fresh Orange</p>	<p>17</p>	<p>Hamburger on a Roll Ketchup/Lettuce/Tomato/Pickle Fresh Boiled Potatoes Succotash Tropical Fruit Salad Oatmeal Raisin Cookies Three Bean Turkey Chili Brown Rice Chuckwagon Corn, Corn Bread Pineapple Slices</p>	<p>18</p>	<p>Turkey Ham Sweet Potatoes California Blend Vegetables Apricots LS Navy Bean Soup LS Crackers Sliced Turkey Breast and Swiss Cheese Breast Sandwich Lettuce/Tomato/Mayonnaise Mandarin Oranges</p>	<p>19</p>	<p>Sloppy Joe on a Roll Fresh Mashed Potatoes Broccoli Sugar Cookies Sliced Roast Turkey LS Turkey Gravy Bread Dressing Sliced Carrots Peanut Butter Cookies</p>	<p>20</p>	<p>Whole Grain Rotini Pasta Meatsauce Brussels Sprouts Canned Pears LS Minestrone Soup LS Crackers Tuna Salad Sandwich Lettuce/Tomato/Pickle Three Bean Salad Tropical Fruit Salad</p>	<p>21</p>
<p>Hamburger on a Roll Vegetarian Beans Coleslaw Mandarin Oranges Chicken Breast Fillet LS Chicken Gravy Mashed Potatoes Collard Greens Peaches</p>	<p>24</p>	<p>Peppersteak Brown Rice Broccoli Applesauce Oatmeal Raisin Cookies Whole Grain Rotini Pasta Meatballs with Marinara Sauce Italian Blend Vegetables Italian Bread Tropical Fruit</p>	<p>25</p>	<p>Turkey Ham Sweet Potatoes Cauliflower Apricots LS Split Pea Soup LS Crackers Egg Salad Sandwich Carrot and Raisin Salad Orange</p>	<p>26</p>	<p>Creamed Chicken over a Biscuit Egg Noodles Chopped Spinach Gingerbread Banana Meatloaf LS Beef Gravy Mashed Potatoes California Blend Vegetables Chocolate Cake</p>	<p>27</p>	<p>Baked Fish Wedge Tartar Sauce Brown Rice Sliced Carrots Mandarin Oranges Hamburger on a Roll Ketchup/Lettuce/Tomato/Pickle Tater Tots Kale Pineapple</p>	<p>28</p>

Frederick County Meals on Wheels – Menu subject to change. 1% Milk and Whole Grain Bread are served with all meals unless noted.