



MEALS on WHEELS
WAKE COUNTY

JANUARY, FEBRUARY & MARCH MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/3 & 31 - 2/28 - 3/28	1/4 - 2/1 - 3/1 & 29	1/5 - 2/2 - 3/2 & 30	1/6 - 2/3 - 3/3 & 31	1/7 - 2/4 - 3/4 - 4/1
Meatloaf w/ Gravy	Chicken Patty w/ Waffles	Smoked Sausage w/ Coleslaw	Chicken Leg	Pollock
Succotash	Honey/Chicken Stock	Sweet Potatoes	Broccoli and Carrots	Peas and Carrots
Green Beans	Turnip Greens	Zucchini & Onions	Mashed Potatoes	Peach Cobbler
Texas Toast	Navy Beans	Hotdog Bun	Wheat Roll	Tartar Sauce
1/10 - 2/7 - 3/7	1/11 - 2/8 - 3/8	1/12 - 2/9 - 3-9	1/13 - 2/10 - 3/10	1/14 - 2/11 - 3/11
Chicken Parmesan	Hamburger with Bun	Pesto Chicken	Ravioli	Shrimp & Grits
Italian Vegetables	Broccoli & Cauliflwr	Sugar Snap Peas	Brussels Sprouts	Zucchini & Onions
Seas Parslied Noodle	Apple Cobbler	Beets with Orange	Yellow Squash	Pinto Beans,dried
Wheat Bread	Lettuce & Tomato	Sourdough Bread	Wheat Roll	Wheat Bread
2/14 - 3/14	1/18 - 2/15 - 3/15	1/19 - 2/16 - 3/16	1/20 - 2/17 - 3/17	1/21 - 2/18 - 3/18
BBQ Pork on Bun w/ Coleslaw	Chili	Chicken /Rice Cass	Beef Stroganoff	Crab Cake,Oven
BBQ Beans	Brown Rice	Carrot Coins Dill	Broccoli	Carrot Coins
Peas & Pearl Onions	Spinach	Corn	Sweet Potatoes	Navy Beans
Apple	Corn Bread	Wheat Bread	Fresh Fruit	Wheat Bread
1/24 - 2/21 - 3/21	1/25 - 2/22 - 3/22	1/26 - 2/23 - 3/23	1/27 - 2/24 - 3/24	1/28 - 2/25 - 3/25
Beef & Broccoli	Chicken Leg	Macaroni and Cheese	Peppered Swiss Steak	Chicken Penne
Rice	Sweet Potatoes	Field Peas,froz	Green Beans	Lima Beans
Sugar Snap Peas	Creamed Spinach	Stewed Tomatoes	Jeweled Rice	Summer Squash
Wheat Roll	Sourdough Bread	Wheat Roll	Wheat Bread	Italian Bread