



February 2026



Meals on Wheels Wake County

All meals are served with 2% milk

Call 919-833-1749 to cancel

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti/w Meat Apple Cobbler, Broccoli Italian Bread, Vanilla Pudding <i>*CONTAINS BEEF*</i>	3 BBQ Pork w/Bun, Potatoes w/ Sour Cream, Green Beans, Orange Coleslaw <i>*CONTAINS PORK*</i>	4 Chicken Cordon Bleu, Spinach, Sweet Potatoes Fresh Fruit, Wheat Bread Apple Juice	5 Brunswick Stew, Carrot Coins, Brown Rice Banana, Wheat Bread Orange Juice <i>*CONTAINS BEEF & CHICKEN*</i>	6 Peppered Swiss Steak Brussels Sprouts, Mashed Potatoes, Wheat Roll, Cranberry Juice, Fresh Fruit
9 Chicken w/ Brown Rice, Peas & Pearl Onions, Corn Wheat Bread, Fresh Fruit	10 Beef Stroganoff, Glazed Carrots, Harvard Beets, Orange Wheat Roll <i>*CONTAINS BEEF*</i>	11 Hamburger on a Bun w/ Lettuce, Tomato, Mustard Green Beans, Apple Cobbler Orange <i>*CONTAINS BEEF*</i>	12 Baked Chicken, Brown Rice, Creamed Spinach, Sourdough Bread Orange	13 Macaroni and Cheese Field Peas, Stewed Tomatoes, Wheat Roll Fresh Fruit, Pudding
16 Cabbage Casserole, Peas, Peach Crisp, Wheat Roll <i>*CONTAINS BEEF*</i>	17 Chicken Patty w/Hamburger Bun, Honey/Chicken Stock, Sweet Potatoes, Spinach Au Gratin Banana	18 Beef & Broccoli, Ginger Carrot Coins, Brown Rice Apple, Fortune Cookie Wheat Roll <i>*CONTAINS BEEF*</i>	19 BBQ Pork Riblet w/ Hamburger Bun BBQ Beans, Turnip Greens, Vinegar, Orange <i>*CONTAINS PORK*</i>	20 Baked Chicken, Broccoli & Carrots, Squash Casserole Texas Toast, Apple Juice Banana
23 Chicken Parmesan, Italian Vegetables, Seasoned Parslied Noodles, Wheat Bread, Cranberry Juice Fresh Fruit	24 Meatloaf Patty w/Brown Gravy Cauliflower w/Red Peppers, Corn Sourdough Bread, Orange Juice, Fresh Fruit <i>*CONTAINS BEEF*</i>	25 Smoked Sausage w/ Hotdog Bun, Lima Beans, Chopped Broccoli, Banana, Coleslaw <i>*CONTAINS BEEF*</i>	26 Beef Chili, Brown Rice Peas & Carrots, Corn Bread Apple Juice, Orange <i>*CONTAINS BEEF*</i>	27 Chicken & Grits, Turnip Greens, O'Brien Potatoes Grape Juice, Wheat Bread Fresh Fruit