



February 2026



All meals are served with 2% milk

Meals on Wheels Wake County

Call 919-833-1749 to cancel

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