



MEALS ON WHEELS
ST. JOHNSBURY

748-5467

February 2019

Director Diane Coburn

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SALAD BAR DAILY

Menu

Fresh local

Subject

Foods

to Change

1Baked Haddock

Sweet Potatoes

Corn

Pineapple

4Sweet & Sour Pork

Rice, Cauliflower

Bread

Cantaloupe

5Swedish Meatballs

Buttered Noodles

Broccoli

Oatmeal Cookies

6Birthday Party

Roast Beef w/Gravy

Potato, Squash

Cranberry Sauce

Roll, Cake

7Chicken Stew

Biscuit & Butter

Cole Slaw

Bread

Butterscotch Pudding

8Tuna Pea Wiggle

Rice

Spinach

Crackers

Mandarin Oranges

11Swiss Steak

Noodle

Brussels Sprout

Cantaloupe

12 Shepherd Pie

Mixed Veggies

Bread

Tapioca Pudding

13Pea Soup w/ ham

Egg Salad Sandwich

Tomato Juice

Honeydew Melon

14Baked Chicken

Mashed Potato

Butter Carrots

Pineapple

15Seafood Newburg

Rice, Spinach

Bread

Tropical Fruit

18 Closed

19Chipped Beef / Egg

Mashed Potato

Squash

Vanilla Pudding

20Ham

Sweet Potato

Peas, Roll

Mandarin Oranges

21Beans & Hot Dogs

Carrots

Bread

Strawberries

22Tuna Casserole

Brussels Sprout

Bread

Apricot Crisp

25Burger

Lettuce, tomatoes

Carrots

Peaches

26Baked Chicken Leg

Mashed Potato

Broccoli

Apricots

27Manicotti

Cauliflower

Garlic Bread

Kiwi Fruit

28Salisbury Steak

Steam Cabbage

Mashed Potato

Mandarin Orange

A Suggested Donation of \$3.50 per meal would be Greatly Appreciated

Thank You AutoSaver Group