



# February, 2012

## FARGO MEALS ON WHEELS & MEALS AT CENTERS

**ALL MEALS INCLUDE 8 oz 1% MILK**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 COUNTRY MEATBALLS MASHED POTATOES & GRAVY COUNTRY BLEND VEG. PEAR CRISP W/ TOPPING  (1 WHOLE GRAIN BREAD)	2 HERB ROASTED CHICKEN DRESSING & GRAVY BROCCOLI CUTS CARROT RAISIN SALAD STRAWBERRY JELLO W/ TOPPING  (1 WHOLE GRAIN BREAD)	3 HAM WITH RAISIN SAUCE BAKED POT. W/ SOUR CREAM SQUASH PINEAPPLE TIDBITS DATE NUT BREAD (2 oz)  (0 WHOLE GRAIN BREAD)	4 HAMBURGER ON WHEAT BUN WITH TOMATO & LEAF LETTUCE BAKED BEANS CORN ROTINI SUPREME SALAD  (0 Whole Grain Bread)	5 BBQ CHICKEN BREAST AU GRATIN POTATOES GREEN BEANS FRUITED JELLO W/ TOPPING  (2 Whole Grain Bread)
6 MACARONI BEEF HOTDISH MEXICORN CAPTAIN'S SALAD ORANGE  (1 WHOLE GRAIN BREAD)	7 PORK CHOP W/ GRAVY SMASHED POTATOES HARVARD BEETS APPLE CRISP W/ TOPPING  (2 WHOLE GRAIN BREAD)	8 SWISS STEAK MASHED POTATOES PARSLIED CARROTS FRUITED JELLO W/ TOPPING  (2 WHOLE GRAIN BREAD)	9 ROAST TURKEY MASHED POTATOES & GRAVY GREEN BEANS CRANBERRY SAUCE PEAR HALVES PUMPKIN BREAD (2 oz)  (0 WHOLE GRAIN BREAD)	10 WARM PULLED PORK ON A WHEAT BUN SPRING PASTA SALAD CALICO BEANS WARM CINNAMON APPLES  (0 WHOLE GRAIN BREAD)	11 HAMBURGER STEAK W/ MUSHROOM SAUCE WHIPPED POTATOES COUNTRY BLEND VEGETABLES APPLESAUCE  (2 Whole Grain Bread)	12 BROCCOLI STUFFED CHICKEN BROWN RICE BABY CARROTS (3/4 C) ORANGE SECTIONS  (1 WHOLE GRAIN BREAD)
13 CABBAGE ROLLS MASHED POTATOES CRINKLE CUT CARROTS COTTAGE CHEESE WITH PEACH SLICES  (1 WHOLE GRAIN BREAD)	14 PORK ROAST W/ GRAVY MASHED SWEET POTATOES DICED BEETS WALDORF SALAD VALENTINE'S DAY COOKIE  (2 WHOLE GRAIN BREAD)	15 CHICKEN PARMESAN ROTINI NOODLES & MARINARA RIVIERA BLEND VEG. (3/4 C) ROMAINE LETTUCE SALAD ROSEMARY DINNER ROLL GRAPES  (0 WHOLE GRAIN BREAD)	16 MEAT LOAF BAKED POT. W/ SOUR CREAM STEWED TOMATOES PEACH CRISP W/ TOPPING  (2 WHOLE GRAIN BREAD)	17 BAKED COD W/ CREAMY ALFREDO SAUCE PARSLIED POTATOES CREAMY COLESLAW TROPICAL FRUIT  (2 WHOLE GRAIN BREAD)	18 LASAGNA CAPTAIN'S SALAD GREEN BEANS WHOLE FRESH FRUIT  WHEAT BREADSTICK	19 BAKED HAM BAKED POTATO W/ SOUR CREAM YAMS APPLE CRISP W/ TOPPING  (2 WHOLE GRAIN BREAD)
20 SALISBURY STEAK MASHED POTATOES BABY CARROTS RED APPLE OATMEAL RAISIN COOKIE  (2 WHOLE GRAIN BREAD)	21 BEEF STEW CORN BAKING POWDER BISCUIT APRICOT HALVES  (0 WHOLE GRAIN BREAD)	22 SALMON LOAF MASHED POTATOES CREAMED PEAS ORANGE JELLO W/ MANDARIN ORANGES & TOPPING  (2 WHOLE GRAIN BREAD)	23 CREAMY TURKEY & NOODLES COUNTRY BLEND VEG. CRUNCHY VEGGIE SALAD ANGEL FOOD CAKE W/ CHERRIES AND TOPPING  (1 WHOLE GRAIN BREAD)	24 ROAST BEEF & GRAVY SMASHED POTATOES FRENCH CUT GREEN BEANS APPLESAUCE BANANA BREAD (2 oz)  (0 WHOLE GRAIN BREAD)	25 TATERTOT CASSEROLE PEAS & CARROTS PEACH SLICES FRESH FRUIT  (2 WHOLE GRAIN BREAD)	26 MESQUITE CHICKEN ON WHEAT BUN OVEN ROASTED POTATOES MIXED VEGETABLES FRUITED JELLO W/ TOPPING  (0 WHOLE GRAIN BREAD)
27 SWEDISH MEATBALLS MASHED POTATOES SCANDINAVIAN VEG. BANANA MOLASSES COOKIE  (2 WHOLE GRAIN BREAD)	28 LASAGNA ITALIAN BLEND VEG. ROMAINE LETTUCE SALAD GARLIC BREAD STICK LIME JELLO W/ PEARS AND TOPPING  (0 WHOLE GRAIN BREAD)	29 BARBECUE RIBS BAKED POT. W/ SOUR CREAM BROCCOLI RAISIN SALAD WARM CINNAMON APPLES  (2 WHOLE GRAIN BREAD)				

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