

# FEBRUARY 2012

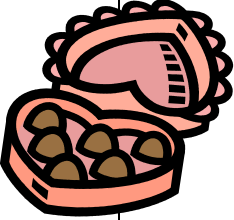
## WEST FARGO MEALS ON WHEELS AND MEALS IN THE CENTER

### WF DINING CENTER

MEAL SERVED 11:45 - 12:30

### MEALS ON WHEELS

DELIVERY 11:15 - 12:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 TATORTOT HOTDISH COLESLAW COUNTRY BLEND VEG. APPLE CAKE (2 WHOLE GRAIN BREAD)	2 HERB ROASTED CHICKEN MASHED POTATOES & GRAVY BROCCOLI CUTS STRAWBERRY JELLO W/ FRUIT AND TOPPING (2 WHOLE GRAIN BREAD)	3 HAM WITH RAISIN SAUCE BAKED POT. W/ SOUR CREAM SQUASH PINEAPPLE TIDBITS (2 WHOLE GRAIN BREAD)
6 MACARONI BEEF HOTDISH MEXICORN CAPTAIN'S SALAD ORANGE (1 WHOLE GRAIN BREAD)	7 ROAST TURKEY MASHED POTATOES & GRAVY GREEN BEANS CRANBERRY SAUCE APPLE CRISP W/ TOPPING (2 WHOLE GRAIN BREAD)	8 CHICKEN PARMESAN ROTINI NOODLES & MARINARA RIVIERA BLEND VEG. (3/4 C) ROMAINE LETTUCE SALAD FRESH FRUIT (1 WHOLE GRAIN BREAD)	9 PORK CHOP W/ GRAVY SMASHED POTATOES HARVARD BEETS PEAR HALVES (2 WHOLE GRAIN BREAD)	10 WARM PULLED PORK ON A WHEAT BUN SPRING PASTA SALAD CALICO BEANS WARM CINNAMON APPLES (0 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 SWEET POTATOES DICED BEETS FRUIT SALAD VALENTINE'S DAY COOKIE (2 WHOLE GRAIN BREAD)	15 SWISS STEAK MASHED POTATOES PARSLIED CARROTS FRUITED JELLO W/ TOPPING (2 WHOLE GRAIN BREAD)	16 MEAT LOAF CHEESY POTATOES 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)
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 CAKE W/ CHERRIES AND TOPPING (1 WHOLE GRAIN BREAD)	24 ROAST BEEF & GRAVY SMASHED POTATOES GREEN BEANS APPLESAUCE (2 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)	