







Strafford Nutrition Meals On Wheels

February 2020

Administration Office 692-4211

Menu Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 3 Roast Turkey w/Gravy Mashed Sweet Potatoes Mixed Vegetables Whole Wheat Bread Chocolate Chip Pudding | 4 Chicken w/Supreme Sauce Confetti Brown Rice Succotash Zucchini & Red Pepper Natural Grain Bread Fruit Cocktail |  ← → No deliveries on Wednesdays. Please use the frozen meal provided on Tuesday. ← →  | 6 Hearty Beef Stew Pasta Peas Mini Corn Loaf Chocolate Pudding | 7 #1 Chicken Breast w/ Mustard Sauce Potatoes O'Brien Sauteed Carrots Wheat Sandwich Bun Mandarin Oranges #2 Crab Cake w/Relish |
| 10 Penne & Meatballs w/ Marinara Suace Corn Garlic Green Beans Whole Wheat Bread Hermit Cookie | 11 #1 Meatloaf w/Gravy Mashed Potatoes Succotash Flax Roll Apple #2 Liver & Onions w/Gravy | | 13 <i>Valentine's Special</i> Salisbury Steak w/Gravy Mashed Potatoes Broccoli Snowflake Roll Whoopie Pies | 14 Chicken Breast w/ Garlic Wine Sauce Mashed Sweet Potatoes Corn Multigrain Bread Strawberry Cake w/ Whipped Cream Topping |
| 17 Closed in Honor of Presidents' Day  | 18 Chicken Chili Brown Rice Broccoli Honey Wheat Roll Cinnamon Applesauce | | 20 #1 Meat Lasagna Garlic Green Beans Corn Italian Bread Pear Topping #2 Vegetable Lasagna | 21 #1 Chicken Picatta Pasta Peas & Carrots Wheat Bread Warm Peach Crisp #2 Fish Picatta |
| 24 Hamburger Potato Wedges Mixed Vegetables Hamburger Roll Chocolate Birthday Cake  | 25 #1 Baked Chicken w/Basil Pasta Cauliflower Snowflake Roll Warm Peach Crisp | | 27 Turkey w/Cranberry Glaze Mashed Sweet Potatoes w/Apples Peas & Onions Whole Wheat Roll Vanilla Pudding | 28 Macaroni & Cheese Green Beans Stewed Tomatoes Natural Grain Bread Sliced Pears |

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.

February Tidbits



"The day is ending, The night is descending;
The marsh is frozen, The river dead.
Through clouds like ashes The red sun flashes
On village windows That glimmer red."
- Henry Wadsworth Longfellow - Afternoon in February

Suggested Donation **\$3.00** per Meal

NAME: _____

Driver: _____