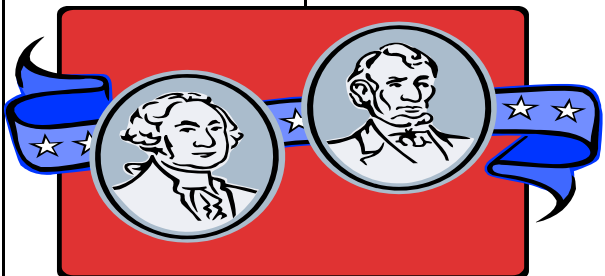




Meals on Wheels of SN and JF Counties, Inc.

All meals are considered "Heart Healthy" and are low in fat and low in sodium.

Weekly averages are 1000 mg of Sodium (salt) per day, 30% or less calories from fat and around 700 calories.

We can provide Diabetic (lower sugar) and Renal (lower potassium) meals as well as a ground meat entrée for persons with mouth, teeth or swallowing problems. These diets may be different from what is printed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Chicken Fajita with Peppers, Onions and Cheese Southwestern Rice Mix Corn Diced Peaches Salsa</p>	<p>2</p> <p>Goulash Green Beans Mandarin Oranges Garlic Cheese Biscuit</p>	<p>3</p> <p>Caramelized Pork Chop with Buttered Noodles Brussels Sprouts Rosy Applesauce Yeast Dinner Roll</p>
<p>6</p> <p>Pepper Steak over White Rice Steamed Broccoli Fruit Cup Whole Wheat Dinner Roll</p>	<p>7</p> <p>Chicken Pot Pie Sliced Beets Apricots Whole Grain Biscuit</p>	<p>8</p> <p>Fruity Caribbean Salad with Raspberry Vinaigrette Fresh Grapes Yeast Dinner Roll</p>	<p>9</p> <p>Cheesy Beef Enchiladas Refried Beans Spanish Rice Diced Pears Salsa</p>	<p>10</p> <p>Loaded Baked Potato Soup Sliced Cheese Fresh Carrots w/Ranch Cinnamon Apples Salad Wafers</p>
<p>13</p> <p>Fried Chicken Leg Mashed Potatoes with Gravy Corn Diced Peaches Garlic Cheese Biscuit</p>	<p>14</p> <p>Spaghetti and Meatballs Buttered Spinach Mandarin Oranges Breadstick Parmesan Cheese Valentine Cookie </p>	<p>15</p> <p>Pot Roast with Gravy Potatoes, Carrots, Cabbage and Onions Spicy Apple Rings Whole Wheat Dinner Roll</p>	<p>16</p> <p>Homemade Chicken Salad Whole Wheat Bread Fresh Veggie Salad Pineapple Chunks</p>	<p>17</p> <p>Ham and Beans Cornbread Stewed Tomatoes Fruited Gelatin (SF)</p>
<p>20</p> <p>Hamburger on a Bun w/Lettuce, Tomato & Pickles, Ketch./Mustard Oven Roasted Potatoes Baked Beans Cherry Crisp (SF) President's Day</p>	<p>21</p> <p>Smoked Sausage w/ Red Beans and Rice Coleslaw Ambrosia Breadstick  Mardi Gras</p>	<p>22</p> <p>Tuna Noodle Casserole Buttered Peas Diced Pears Yeast Dinner Roll Ash Wednesday</p>	<p>23</p> <p>Aussie Chicken Breast Baked Potato with Sour Cream Capri Veggies Apricots Pumpnickel Roll</p>	<p>24</p> <p>Macaroni and Cheese Broccoli Fresh Gala Apple Whole Wheat Dinner Roll Peanut Butter Cookies (SF Animal Cookies)</p>
<p>27</p> <p>New Meatloaf Mashed Potatoes and Gravy Old Fashioned Green Beans Pineapple Chunks Dinner Roll</p>	<p>28</p> <p>Sliced Ham with Brown Sugar Glaze Sweet Potatoes Zucchini Whole Wheat Dinner Roll</p>	<p>29</p> <p>Cheesy Chili Dog Corn Baby Whole Carrots with Ranch Dressing Brownie (Low Sugar Choc Bear Cookie)</p>	<p>February</p> <p>2012</p>	

All Meals include Milk.

SF = Sugar Free

Cash, Check, MC/Visa, Food Stamps, Vision Card/Snap accepted.

The contributions received for December 2011 covered 24% of the meal cost.

Cancellations must be called in before 3:00 p.m. the day before the meal. 670-2434

*All contributions go back into the program for meal provision.

Menus are subject to change without notice