

Meals on Wheels & Congregate Meals Menu February

DATE	HOT MENU ENTRÉE	COLD MENU ENTREE
Thursday, Feb. 1	Spaghetti, Tossed Salad, Garlic Roll	Chef Salad with Chicken, Ambrosia, Bran Muffin
Friday, Feb. 2	Pork Chop, Au Gratin Potatoes, Mixed Veggies	Ham & Turkey Sub, Potato Salad, Banana
Monday, Feb. 5	Shepherds Pie, Brussel Sprouts, Peaches	Deviled Eggs, Carrot Raisin Salad, Tropical Fruit
Tuesday, Feb. 6	Pork Roast, Mash Potatoes, Carrots, Apple Crisp	Pasta Salad with Chicken, Spinach Salad, Applesauce
Wednesday, Feb. 7	Sliced Turkey, Green Beans, Stuffing, Cranberry Salad	Ham & Swiss Sandwich, Three Bean Salad, Pineapple
Thursday, Feb. 8	Pepper Steak, Rice, Wax Beans, Spinach Salad	Chicken Salad Sandwich, Coleslaw, Peaches n Pudding
Friday, Feb. 9	Potato Soup, Ham & Swiss Sandwich, Coleslaw	Turkey Sandwich, Broccoli Raisin Salad, Mixed Fruit
Monday, Feb. 12	Salisbury Steak, Cauliflower with Cheese, Oranges	Chef Salad with Ham, Apricots, Wheat Roll
Tuesday, Feb. 13	Mardis Gras — Gumbo, Key West Veggies, Peach Crisp	Tuna Salad Sandwich, Marinated Broccoli, Grapes
Wednesday, Feb. 14	Bratwurst, Cabbage, Carrots, Potatoes, Pineapple	Roast Beef Sandwich, Creamy Cucumbers, Potato Salad
Thursday, Feb. 15	Vegetable Beef Soup, Turkey Sandwich, Broccoli Salad	Turkey & Swiss Sandwich, Tossed Salad, Pears
Friday, Feb. 16	Beef Roast, Potatoes, Carrots, Apples	Chicken Salad Sandwich, Broccoli Raisin Salad
Monday, Feb. 19	Closed For Holiday	Closed For Holiday
Tuesday, Feb. 20	Mushroom Swiss Burger, Cheesy Potatoes, Ambrosia	Cottage Cheese, Tomato Wedges, Applesauce
Wednesday, Feb. 21	Hot Turkey Sandwich, Mash Potatoes, Midori Veggies	Chicken Salad Sandwich, Coleslaw, Jello w/Oranges
Thursday, Feb. 22	BBQ Pork, Sweet Potatoes, Spinach Salad, Pears	Pasta Salad W/Tuna, Cauliflower Salad, Mixed Fruit
Friday, Feb. 23	Chicken & Noodles, Broccoli, Banana, Bran Muffin	Hammy Sammy, Potato Salad, Pineapple
Monday, Feb. 26	Chili, Tossed Salad, Corn Muffin, Mixed Fruit	Egg Salad Sandwich, Marinated Vegetables, Peaches
Tuesday, Feb. 27	Swedish Meatballs, Rice, Stewed Tomatoes, Peaches	Roast Beef Sandwich, Creamy Cucumbers, Strawberries
Wednesday, Feb. 28	BBQ Chicken, Boiled Potatoes, Apricots, Tossed Salad	Cottage Cheese, Tomato Wedges, Spinach Salad

*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

Join us for Lunch

***Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

**Three Rivers
Community Center**
269-279-8083
Monday-Friday @ Noon
103 S. Douglas Avenue
Three Rivers, MI 49093

Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.