




MEALS on WHEELS
METRO BOISE

February 2024 Menu

(Substitutions may be necessary without advanced notice.)

Contact:
(208) 321-0031
www.MetroMealsonWheels.net

MON	TUE	WED	THU	FRI
			1 White Chicken Chili Peas Carrots Fresh Fruit Cornbread Milk	2 Baked Potato with Chili & Cheese Broccoli Peaches Whole Wheat Roll Milk
5 Salisbury Steak with Gravy Mashed Potatoes Green Beans Pineapple Whole Wheat Roll / Milk	6 Fiesta Chicken Spanish Rice Corn & Peppers Fruit Cup Tortillas Milk	7 Tater Tot Breakfast Casserole  Asparagus Spiced Apples Mini Bagels / Cream Cheese Banana / Milk	8 Sausage Alfredo Lasagna Winter Vegetables Sunshine Carrots Fresh Fruit French Bread / Milk	9 Beef Pepper Casserole Broccoli Peas & Onions Banana Whole Wheat Roll / Milk
12 Sherry Mushroom Chicken over Rice Pilaf Peas & Carrots Beets Applesauce 9-Grain Bread / Milk	13 Hawaiian Burger Roasted Potatoes Succotash Green Salad Whole Wheat Bun Milk	14 Chicken Spinach Pasta Dill Carrots Snap Peas Fruit Cup French Bread / Milk	15 BBQ Rib Sandwich Baked Beans Spiced Apples Coleslaw Whole Wheat Bun Milk	16 Lemon Herb Fish over Rice Stewed Tomatoes Broccoli Fresh Fruit Whole Wheat Roll / Milk
19 PRESIDENTS' DAY CLOSED No Meals Served or Delivered	20 Pork Roast with Mushroom Gravy Sweet Potatoes Green Beans Pears Whole Wheat Bun Milk	21 Sweet & Sour Chicken over Rice Stir Fry Vegetables Cauliflower Banana 9-Grain Bread Milk	22 Beans & Ham Roasted Potatoes Chunky Applesauce Cornbread Milk	23 Vegetarian Penne Catalina Vegetables Green Salad Peaches French Bread Milk
26 Herb Salmon over Wild Rice Spring Vegetables Carrots Fresh Fruit Whole Wheat Roll Milk	27 Monterrey Chicken Refried Beans Corn Green Salad 9-Grain Bread Milk	28 Beef Stew Brussels Sprouts Capri Vegetables Corn Bread Milk	29 Stuffed Chicken with Cheese Sauce Roasted Potatoes Mixed Vegetables Green Salad Whole Wheat Roll Milk	