







South Salem February 2020 Dining Menu

Because no one
should go hungry



MARION POLK FOOD SHARE
**MEALS ON
WHEELS**



Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Week 1</u> Feb 1					
<u>Week 2</u> Feb 3-7	Confetti Salad Cheese Ravioli Italian Veg Sourdough Bread Pudding	Beet Salad Chicken Casserole Broccoli Dinner Roll Apple Berry Crisp	Peas & Cheese Swedish Meatballs Egg Noodles Brussel Sprouts Rosemary Bread ,Pears	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll, Fruit	Carrot Raisin Salad Chili Con Carne Brown Rice Peas & Carrots Corn Bread Jell-O
<u>Week 3</u> Feb 10—14	Broccoli Kale Salad Spaghetti w/ Meat Sauce Italian Veg Sourdough Bread Pudding	Mexi- Slaw Chicken Enchiladas Broccoli Chips & Salsa Pears	House Salad Cube Steak Mashed Potatoes Brussel Sprouts Dinner Roll, Brownie	Asian Slaw Chicken Stir-Fry Yakisoba Noodles Sugar Snap Peas Mandarin Oranges	Caesar Salad Lasagna Broccoli Sourdough Bread Bread Pudding
<u>Week 4</u> Feb 17-21	President's Day 	Confetti Salad Chicken Casserole Green Beans Sourdough Bread Pudding	Coleslaw Sloppy Joes Tater Tots Peas & Carrots Hamburger Bun Angel Food Cake	House Salad Herb Roasted Chicken Mashed Potatoes Green Beans Dinner Roll, Fruit Fruit Cocktail	Coleslaw Baked Fish Red Potatoes Chuck Wagon Corn Dinner Roll Birthday Cake
<u>Week 5</u> Feb 24-28	Three Bean Salad Chicken Parmesan Egg Noodles Italian Veg Sourdough Bread Pudding	House Salad Roasted Pork Mashed Potatoes Green Beans Dinner Roll, Brownie Brownies	Mexi-Slaw Chicken Enchiladas Broccoli Chips & Salsa Mixed Fruit	Peas & Cheese Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Pears	Broccoli Kale Salad Grilled Salmon Rice Pilaf Peas & Carrots Dinner Roll, Cake Angel Food Cake

Meals on Wheels Office 503-364-2856

