

# Home Dining Menu February

All meals include: Vegetables, Fruit, Grain, and Milk or Juice



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1	2
 <p><b>HAPPY</b> <i>Valentine's</i> <b>DAY</b></p>				Chicken Parmesan	Cheeseburger
5	6	7	8	9	
Grilled BBQ Chicken	Beef Tacos	Lemon Baked Fish	Chicken Curry Casserole	Sloppy Joes	
12	13	14	15	16	
Spaghetti	BBQ Pork	Chicken & Rice Casserole	Fish w/Dill Sauce	Sweet & Sour Chicken	
19	20	21	22	23	
Italian Baked Fish	Lemon Pepper Chicken	Beef Stew	Chicken Tetrazzini	Swedish Meatballs	
26	27	28	29		
Fajita Chili	Fish Tacos	Baked Chicken Sandwich	Beef Goulash		

If you have any questions, please call our office at **509-924-6976**. *Greater Spokane County Meals on Wheels* is not responsible for food allergies or other dietary requirements. Meal recipients are responsible for monitoring their own dietary requirements. The menu is subject to change.