

**MEALS ON WHEELS NORTH CENTRAL TEXAS
FEBRUARY 2024 VEGETARIAN
NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.**

Call or Text 888.869.6325 • Online www.mownct.org/cancel-my-meal

10			1	2
			Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans, Carrots Whole Wheat Bread Margarine Orange Juice Graham Crackers	Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Strawberry Cereal Bar
5	6	7	8	9
Huevos Rancheros Red Skin Potatoes Broccoli Florets Whole Wheat Bread Margarine Apple Juice	Cheese Manicotti & Alfredo Sauce Bean Blend Butternut Squash Whole Wheat Bread Margarine Fig Bar Cookie	Cheese Ravioli & Spinach Alfredo Sauce Mixed Vegetables Cauliflower Whole Wheat Bread Margarine Oatmeal Crème Cookie	Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Orange Juice	Fried Egg Patties Sweet Potatoes Asparagus Whole Wheat Bread Margarine Raisins
12	13	14	15	16
Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Grape Juice	Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Apple Cereal Bar	Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Vanilla Crème Cookies	Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans, Carrots Whole Wheat Bread Margarine Orange Juice Graham Crackers	Cheese Omelet & Salsa Broccoli Florets Hash Browns Whole Wheat Bread Margarine Strawberry Cereal Bar
19	20	21	22	23
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26	27	28	29	
Cheese Pizza Mixed Vegetables Bean Blend Whole Wheat Bread Margarine Grape Juice	Fried Egg Patties Sweet Potatoes Asparagus Bran Flakes Cereal Margarine Apple Cereal Bar	Macaroni & Cheese Bean Blend Brussels Sprouts Whole Wheat Bread Margarine Vanilla Crème Cookies	Florentine Stuffed Shell w/Parma Rosa Sauce Lima Beans, Carrots Whole Wheat Bread Margarine Orange Juice Graham Crackers	

All meals served with 1% low-fat white or non-fat chocolate milk.
This menu is based on product availability, substitutions may be made.

