



February 2022

VALLEY SENIOR SERVICES - TRAILL/STEELE MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal, for Monday call by 2 pm on Friday
Phone **636-5953** or **1-800-845-1715**

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Tator Tot Hotdish Mixed Vegetables Whole Wheat Dinner Roll Fresh Fruit	Baked Cod w/Alfredo Sauce Vegetable Rice Pilaf Green Beans Peaches Pumpkin Bread	Mr. Rib Baby Seasoned Potatoes Steamed Broccoli Cold Fruit Salad Whole Wheat Bun	Chicken Sandwich on a Whole Wheat Bun w/Lettuce & Tomatoes Coleslaw Orange Jello w/Mandarin Oranges & Topping
7	8	9	10	11
Beef Vegetable Stew Over a Biscuit Baked Corn Tropical Fruit	Herb Crusted Chicken Baked Sweet Potatoes Peas Fruit Cocktail Whole Wheat Dinner Roll	Sloppy Joe Whole Wheat Bun Baked Beans Creamy Cucumbers Pudding Birthday Cake for February Birthdays	Buttermilk Chicken Mashed Potatoes w/Gravy Winter Blend Vegetables Glorified Rice Whole Wheat Dinner Roll 	Salisbury Steak Baby Baker Potatoes Lettuce Salad Rhubarb Crisp w/Whipped Topping Whole Wheat Bread
14	15	16	17	18
Chili Cheesy Potato Bake California Blend Vegetables Chocolate Pudding Cookie Corn Bread Muffin	Stuffed Peppers Vegetable Rice Pilaf Crinkle Cut Carrots Peaches Whole Wheat Dinner Roll	Baked Ham Au Gratin Potatoes Broccoli Salad Whole Wheat Dinner Roll Lemon Bar	Tomato Hamburger Hotdish Green Beans Mandarin Oranges Garlic Bread Brownie	Chicken Enchiladas Mexican Rice Black Beans Shredded Lettuce w/Ranch Applesauce Cake
President's Day 21	22	23	24	25
	Pork Chop w/ Mushroom Gravy Mashed Potatoes Diced Beets Peaches Whole Wheat Dinner Roll	Country Meatballs Mashed Potatoes & Gravy Steamed Cabbage Angel Food Cake w/Topping & Strawberries Whole Wheat Bread	Breaded Lemon Pepper Fish w/Tartar Sauce Smashed Potatoes Creamed Peas Fruit Cup Whole Wheat Dinner Roll	Hamburger w/ Lettuce, Tomato, Onion Whole Wheat Bun Macaroni Salad Fresh Fruit Cookie
28				
BBQ Chicken Breast Mashed Garlic Potatoes Steamed Cauliflower Fruit Cocktail Whole Wheat Dinner Roll				