

WE ARE
Meals On Wheels
So no senior goes hungry.

The suggested per meal donation is \$6⁰⁰

Thank you for supporting your local program

February 2022



Cascade County Senior Nutrition
454-6993

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Tossed Salad with Dressing Sliced Ham with Pineapple Au Gratin Potatoes Bananas 	2 Roast Smoked Turkey with Gravy Mashed Potatoes English Peas with Pearl Onions Dessert 	3 Chicken Tetrizzini with Parmesan Cheese Broccoli Fleurettes Dessert 	4 Chicken Fried Steak with Country Gravy Mashed Potatoes Steamed Mixed Vegetables Strawberry Yogurt 
7 Grilled Chicken Breast Rice Pilaf with Herbs Steamed English Peas Butterscotch Pudding 	8 Creamy Coleslaw Ale Battered Breaded Pollock Golden Tater Tots Banana 	9 Vegetable Lasagna Herbed Cannellini Beans with Tomatoes Dessert 	10 Cheesy Burritos Glazed Carrots Refried Beans Chocolate Ice cream 	11 Ham and Cheddar Sandwich with Multigrain Roll Three Bean Salad Raspberry Gelatin Parfait 
14 Baked Cod Loin with Cream Sauce Brown Rice, Steamed Capri Vegetables Chocolate Pudding 	15 Chili Con Carne with Cheddar Cheese Steamed Mixed Vegetables Cornbread Diced Pears 	16 Homestyle Meat Loaf with Gravy Roasted Potatoes Steamed Beets with Pearl Onions Dessert 	17 Chicken over Cavatappi Noodles Alfredo Steamed Broccoli Dessert 	18 Chopped Pork Barbeque Multi-grain Bun Scandinavian Vegetable Blend Fruit Cocktail The meal for President's Day will be delivered today
21  PRESIDENTS DAY	22 Grilled Sweet and Sour Chicken Breast White Rice Stir Fry Vegetables Banana 	23 Cheesy Broccoli Chicken and Rice Casserole Honey Glazed Baby Carrots Multigrain Roll Dessert 	24 Sliced Roast Beef Roasted Garlic Mashed Potatoes with Gravy Green Beans Dessert 	25 Baja Chicken Enchilada Soup Honey Cornbread Steamed Mixed Vegetables Strawberry Ice Cream 
28 All Beef Meatballs with Brown Gravy Mashed Potatoes Steamed Sliced Carrots Lemon Pudding 				

**Super Bowl
LVI February
13.2022**

Cascade County Senior Nutrition / Meals on Wheels, 1620 12th Avenue North, Great Falls, MT 59401
These meals are brought to you by the Cascade County Aging Services Senior Nutrition Program.
A Federal Title 3C and local program.