


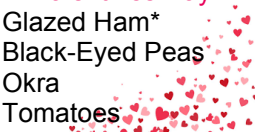


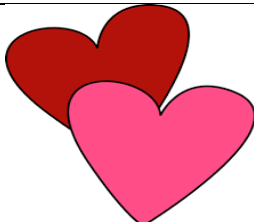



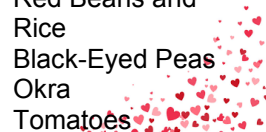

Meals on Wheels of Metro Tulsa
 (918) 627-4103
February 2024 Menu- Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Oven Fried Chicken Lima Beans Diced Beets	2 Swiss Steak Garlic Whipped Potatoes Herbed Green Beans	3 Tarragon Chicken Whipped Sweet Potatoes Cauliflower	4 Southwest Beef Meatballs Yellow Rice Spinach
5 Turkey Tetrazzini Broccoli Glazed Carrots	6 Breaded Fish Green Peas Stewed Tomatoes	7 Beef Chili with Beans Oven Roasted Potatoes Spinach	8 BBQ Chicken Chuckwagon Corn Cauliflower	9 Beef Taco Black Beans Glazed Carrots	10 Marsala Chicken Meatballs Whipped Potatoes Mixed Vegetables	11  Cheese Omelet Hashbrowns Spinach
12  Macaroni and Cheese Green Peas California Vegetable Blend	13 Turkey and Dumplings Pinto Beans Diced Beets	14 Valentines Day Glazed Ham* Black-Eyed Peas Okra Tomatoes 	15 Rosemary Chicken Confetti Brown Rice Green Beans	16 Lemon Pepper Fish Pasta Florentine Dilled Carrots	17 Breaded Chicken Patty Seasoned Cubed Potatoes Mixed Vegetables	18 Meatloaf Brown Gravy Northern Beans Medley Cabbage
19 Bruschetta Chicken Meatballs Lima Beans Diced Beets	20 Beef with Country Gravy Whipped Potatoes Squash/Zucchini/Tomatoes	21 Turkey Taco Charro Beans Glazed Carrots	22 Homestyle Pork Roast* Confetti Rice Brussels Sprouts	23 Chicken Alfredo Herbed Green Beans Cauliflower	24  Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes	25 Breaded Chicken with Gravy Delmonico Potatoes Green Beans
26 Balsamic Glazed Beef Lentils Broccoli	27  Italian Shells and Cheese Green Peas Sliced Carrots	28 Lemon Butter Chicken Oven Roasted Potatoes Orange Beets	29 Turkey Breast with Gravy Whipped Sweet Potatoes Green Beans			
						*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

Meals on Wheels of Metro Tulsa



(918) 627-4103

February 2024 Menu-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Italian Shells and Cheese Lima Beans Diced Beets	2 Lentil Stew Garlic Whipped Potatoes Herbed Green Beans	3 Bean Chili Whipped Sweet Potatoes Cauliflower	4 Southwest Veggie Meatballs Yellow Rice Spinach
5 Spaghetti Torte Broccoli Glazed Carrots	6 Broccoli Cheese Bake Green Peas Stewed Tomatoes	7 White Bean Chili Oven Roasted Potatoes Spinach	8 Six Bean Stew Chuckwagon Corn Cauliflower	9 Veggie Taco Black Beans Glazed Carrots	10 Chickpea Stir Fry Whipped Potatoes Mixed Vegetables	11 Cheese Omelet Hashbrowns Spinach
12 Macaroni and Cheese Green Peas California Vegetable Blend	13 Three Cheese Ziti Pinto Beans Diced Beets	14 Valentines Day Red Beans and Rice Black-Eyed Peas Okra Tomatoes 	15 Bean and Cheese Burrito Confetti Brown Rice Green Beans	16 Eggplant Parmesan Pasta Florentine Dilled Carrots	17 Bean Chili Seasoned Cubed Potatoes Mixed Vegetables	18 Cheese Enchiladas Northern Beans Medley Cabbage
19 Bruschetta Veggie Meatballs Lima Beans Diced Beets	20 Cheese Omelet Whipped Potatoes Squash/Zucchini/Tomatoes	21 Veggie Taco Charro Beans Glazed Carrots	22 Bean Tamale Pie Confetti Rice Brussels Sprouts	23 Spaghetti Torte Herbed Green Beans Cauliflower	24 Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes	25 Broccoli Cheese Bake Delmonico Potatoes Green Beans
26 Spinach Macaroni & Cheese Lentils Broccoli	27 Italian Shells and Cheese Green Peas Sliced Carrots	28 Veggie Sausage Patties Oven Roasted Potatoes Orange Beets	29 Lentil Stew Whipped Sweet Potatoes Green Beans			
						*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

Meals on Wheels of Metro Tulsa
(918) 627-4103

February 2024 Menu- Chicken-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 FEBRUARY		1 Oven Fried Chicken Lima Beans Diced Beets	2 ✓ Lentil Stew Garlic Whipped Potatoes Herbed Green Beans	3 Tarragon Chicken Whipped Sweet Potatoes Cauliflower	4 ✓ Southwest Veggie Meatballs Yellow Rice Spinach
5 Turkey Tetrazzini Broccoli Glazed Carrots	6 ✓ Broccoli Cheese Bake Green Peas Stewed Tomatoes	7 ✓ White Bean Chili Oven Roasted Potatoes Spinach	8 BBQ Chicken Chuckwagon Corn Cauliflower	9 ✓ Veggie Taco Black Beans Glazed Carrots	10 Marsala Chicken Meatballs Whipped Potatoes Mixed Vegetables	11 ✓ Cheese Omelet Hashbrowns Spinach
12 ✓ Macaroni and Cheese Green Peas California Vegetable Blend	13 Turkey and Dumplings Pinto Beans Diced Beets	14 Valentines Day Red Beans and Rice Black-Eyed Peas Okra Tomatoes	15 Rosemary Chicken Confetti Brown Rice Green Beans	16 ✓ Eggplant Parmesan Pasta Florentine Dilled Carrots	17 Breaded Chicken Patty Seasoned Cubed Potatoes Mixed Vegetables	18 ✓ Cheese Enchiladas Northern Beans Medley Cabbage
19 Bruschetta Chicken Meatballs Lima Beans Diced Beets	20 ✓ Cheese Omelet Whipped Potatoes Squash/Zucchini/Tomatoes	21 Turkey Taco Charro Beans Glazed Carrots	22 ✓ Bean Tamale Pie Confetti Rice Brussels Sprouts	23 Chicken Alfredo Herbed Green Beans Cauliflower	24 ✓ Bean and Cheese Burrito Whole Kernel Corn Stewed Tomatoes	25 Breaded Chicken with Gravy Delmonico Potatoes Green Beans
26 ✓ Spinach Macaroni & Cheese Lentils Broccoli	27 ✓ Italian Shells and Cheese Green Peas Sliced Carrots	28 Lemon Butter Chicken Oven Roasted Potatoes Orange Beets	29 Turkey Breast with Gravy Whipped Sweet Potatoes Green Beans			
						<small>*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons</small>