



February 2012
Black Mountain Senior Nutrition
Meals on Wheels
300 S. Racetrack Rd.
702-267-2960
Suggested donation of \$1 per meal delivered

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Open-faced turkey sandwich Mashed potatoes Gravy Mixed salad beans Green salad Peaches Cake	2 Spare ribs Potato salad Broccoli Green salad Orange wedges	3 Salisbury steak Smashed potatoes Gravy Sliced carrots Coleslaw Applesauce Or Asian chicken salad	4
5	6 Barbecued chicken Wild rice California blend Garden salad Pineapple Pudding	7 Roast pork Mashed potatoes Gravy Peas & carrots Colorful salad Pears	8 Potato bacon chowder Crackers Mixed vegetables Carrot & raisin salad Dinner roll Banana	9 Meatloaf Smashed potatoes Gravy Brussels sprouts American salad Mandarin oranges	10 Tortilla-crust fish Spanish rice Zucchini Spinach salad Fruit cocktail Or Cobb salad	11
12	13 Chicken parmesan Fettuccini noodles Peas Caesar salad Garlic bread Tropical fruit	14 Valentine's Day Rib roast Roasted potatoes California blend Broccoli salad Peaches Cherry bliss brownie	15 Sweet & sour pork Rice Peppers & onions Asian salad Banana Fortune cookie	16 Oven-fried chicken Smashed potatoes Gravy Broccoli Mixed salad Applesauce	17 Pot roast Potatoes & carrots Garden salad Dinner roll Pineapple Or Tuna salad	18
19	20 Pulled-pork sandwich Corn Green beans Colorful salad Fruit cocktail	21 Beef stroganoff Noodles Sliced carrots American salad Mandarin oranges	22 Baked chicken Mashed potatoes Gravy Peas Lettuce wedge salad Banana	23 Chili & fixings Santa Fe blend Spinach salad Cornbread Pears Chocolate cookie	24 Tilapia Rice pilaf Spinach Green salad Peaches Or Chef salad	25
26	27 Swedish meatballs Rice Peas & carrots Mixed salad Dinner roll Tropical fruit	28 Chuck wagon steak Mashed potatoes Gravy Mixed vegetables Garden salad Apple	29 Leap Year Barbecued wings Potato gems Green beans Colorful salad Banana Crème brulée			

Food allergy notice: Food items may contain these or other allergy-causing ingredients: nuts, milk, eggs, wheat, soybeans, peanuts, fish and shellfish.
Menu items are subject to change.
Milk is available with all meals Monday through Friday upon request.

Eating Fast Foods the Healthy "Weigh"



Say NO thanks to combo meals.

SWAP super-size for smart-size.

**SHARE a biggie size with friends
or co-workers.**

**SAVE money and calories with
kiddie meals.**

**SUBSTITUTE milk or water
for soft drinks.**

SWITCH to the healthful options.

National Nutrition Month 2003. Adapted by the NC NET Program from Eat Right Montana materials



www.EatSmartMoveMoreNC.com