



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ENJOY A NOON MEAL WITH OTHER SENIORS AT
1 Chicken Fajitas w/onion and bell peppers Corn +Orange Slices Brown Rice Flour Tortilla	2 Roast Pork Brown Rice *Spinach Salad +Cauliflower Applesauce	3 BBQ Chicken *Baked Sweet Potatoes +Coleslaw with bell peppers Seasonal Fresh Fruit Cornbread	4 Sloppy Joe +Red Potatoes Corn Kernels *Apricot Halves WW Bun	5 Lemon Pepper Tilapia Brown Rice *Carrot Coins +Brussels Sprouts Seasonal Fresh Fruit	 MERCED 761-7184 ATWATER 761-7150 WINTON 761-7182 LIVINGSTON 761-7135 DOS PALOS 761-7186 LOS BANOS 761-7131 PLANADA 761-7141 Cost of meals is based on Suggested Contribution: \$2.00 for Congregate Meals \$2.00 for Meals-on-Wheels. Guest Cost \$8.00 (59 & under)
8 Meatloaf +Mashed Potatoes *Peas and Carrots Pineapple Chunks WW Roll	9 Seafood Salad *Carrot Sticks +Mandarin Oranges Whole Grain Crackers	10 Chicken Enchilada Casserole Refried Beans +Crispy Corn Salad Seasonal Fresh Fruit	11 Spaghetti with Meat Sauce Green Beans *CA Mixed Vegetables +Orange Slices Breadstick	12 <b>Holiday Lincoln's Birthday</b>	
15 <b>Holiday Washington's Birthday</b>	16 Hamburger on WW Bun +Coleslaw w/bell peppers BBQ Beans *Apricot Halves	17 Hawaiian Chicken Mixed Vegetables +Pineapple Tidbits Brown Rice	18 Beef Lasagna Green Salad w/Dressing *Peas and Carrots +Orange Slice	19 Pulled Pork Sandwich on WW Bun +Potato Salad *Carrot Raisin Salad Seasonal Fresh Fruit	
22 Mushroom Chicken *Sautéed Spinach Green Beans +Mandarin Oranges Brown Rice	23 Soft Beef Tacos *Carrot Coins Refried Beans +Orange Slices	24 Oven Fried Chicken +Red Potatoes Garden Salad w/dressing Applesauce WW Roll	25 Beef Patties w/gravy Mashed Potatoes +Brussels Sprouts Pineapple Chunks	26 Arroz Con Pollo +Coleslaw w/bell peppers *CA mixed vegetables Tortilla	
* Vitamin A Rich Food +Vitamin C Rich Food Protein: ~35 gm/meal avg. with milk 2% milk served with all meals High Sodium Meal (>1,000 mg)					

**February 2021**  
Senior Nutrition Program

**No eligible individual shall be denied participation because of failure or inability to contribute**

  
 AREA AGENCY ON AGING  
 MEALS on WHEELS