

FEBRUARY 2025

TUESDAY FEBRUARY 4

Carrot soup
Chicken & gravy with mashed potatoes
Broccoli & cauliflower

THURSDAY FEBRUARY 6

Coleslaw
Fish & wedge potatoes with tartar sauce
Carrots and peas

TUESDAY FEBRUARY 11

Mixed green salad
Roasted pork tenderloin with honey garlic sauce
Roasted sweet potatoes
Green & yellow beans

THURSDAY FEBRUARY 13

Cauliflower soup
Beef stroganoff over egg noodles
Peas

TUESDAY FEBRUARY 18

Caesar salad
Hearty beef stew
Biscuit

THURSDAY FEBRUARY 20

Potato soup
Chicken breasts stuffed with broccoli & cheese with a cheese sauce over a bed of rice
Beets

TUESDAY FEBRUARY 25

Tomato soup
Baked ham with a pineapple glaze
Mashed potatoes
Brussels sprouts

THURSDAY FEBRUARY 27

Garden vegetable soup
Cheese tortellini with a beef bolognese sauce
Carrots

**DESSERTS
WITH EVERY
MEAL!**

Menu items may vary on occasion due to availability and circumstances beyond our control.

Our Programs

FROZEN

Our homestyle frozen meals can be heated in your oven or microwave so they're ready when you are!

TRANSPORTATION

We have volunteer drivers available for long distance and local trips for medical appointments, shopping or social activities. Our Mobility Van is also available for those with assistive devices.

HOUSEHOLD MANAGEMENT

We can provide assistance with routine household tasks such as meal prep, laundry, light housekeeping or small one-time chores such as yard work and snow removal.

Reheating Instructions
NEVER use a toaster oven!

TO REHEAT SLIT FILM

Microwave:
2-3 min on
high

OVEN:
350 for 10 min

FROM FROZEN SLIT FILM

Microwave:
5-7 min on high

Oven:
350 for 30 min



COMMUNITY CARE
FOR CENTRAL HASTINGS

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Meals on Wheels

FEBRUARY Menu

