



Meals on Wheels for Western New York Menu February 2019



MENU may change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	IMPORTANT MESSAGE
Special Diet meals may be different than stated on the menu to meet diet requirements. The regular menu is listed here. If you are on a special diet and have specific questions, please contact the Nutrition Department at 822-2002. We can inform you if there are any menu changes for the day.				1 Lasagna Roll/Meat Sauce & Mozzarella/ Dinner Roll (40g CHO) Chicken Salad/Wheat Bread (25g CHO)	<p>The winter months are upon us and so is the bad weather. Everyone at Meals on Wheels will do our best to bring you meals every day.</p> <p>If winter weather conditions are poor and driving is dangerous or a snow emergency has been declared, the Agency may have to close. Please listen carefully to your radio and television stations for the possible cancellation of service.</p> <p>Television: Ch. 7 WKBW; Ch. 4 WIVB, Ch. 2 WGR</p> <p>Be sure you listen/look for the words “MEALS ON WHEELS FOR WESTERN NEW YORK” because other home delivered meal programs may cancel their service.</p> <p>The <u>Meals on Wheels for Western New York</u> main office number is 822-2002. We will make every effort to have staff here to answer your calls.</p> <p>Here is a list of things to help you get ready for winter weather:</p> <p>Please be sure you have a <u>one week</u> supply of food on hand in case we are unable to deliver meals to you.</p> <p>When it is storming outside, listen to the radio and TV for closings. If severe weather has caused area closings DO NOT ASSUME that the agency is also closed.</p> <p>Make plans to have someone clean your sidewalk and driveway of snow and ice. Meal delivery <i>IS NOT</i> guaranteed if walkways are unsafe. The homeowner is responsible if a volunteer falls.</p> <p>Make sure you have <u>new batteries</u> in your radio. In the event you temporarily lose power, listen to the radio for weather closings and other important news.</p>
4 Cheese Omelet w/ Cheese Sauce/ Peppers/ Red Potatoes (18g CHO) Turkey/ Wheat Bread (20g CHO)	5 Chinese New Year Teriyaki Seasoned Beef Strips/Oriental Vegetable/White Rice (60g CHO) Ham Salad/ Wheat Bread/Coleslaw (43g CHO)	6 Baked Rigatoni/ Italian Sausage/ Tomato Sauce/ Dinner Roll (49g CHO) Egg Salad/ White Bread (27g CHO)	7 Breaded Pork Chop/ Gravy/Lazy Pierogi (32g CHO) White American Cheese/ Multigrain Bread (42g CHO)	8 Boneless Chicken Breast/ Gravy/ Mashed Sweet Potatoes/ Peas (50g CHO) Roast Beef/ Rye Bread/Marinated Vegetable Salad (40g CHO)	
11 Herb Crusted Tilapia/Wheat Bread (30g CHO) Ham/ Wheat Bread (20g CHO)	12 Stuffed Shells/ Tomato Meat Sauce & Mozzarella Cheese (45g CHO) Tuna Salad/ Rye Bread (37g CHO)	13 Pork Ribette/ BBQ Sauce /Scalloped Potatoes/Peas w/ Red Pepper (49g CHO) Chicken Salad/ Wheat Hamburger Roll (33g CHO)	14 Valentine's Day Breaded Chicken Drumsticks/ Roasted Red Skin Potatoes (24g CHO) Cottage Cheese/Peaches / Crackers/ Rye Bread (51g CHO)	15 Soup & Sandwich Shredded Roast Beef/ Gravy/Potato Chowder/ Mixed Vegetables/ Hamburger Roll (69g CHO) Turkey/ Wheat Bread (20g CHO)	
18 President's Day Turkey/ Gravy/ Mashed Potatoes/ Whole Wheat Bread (45g CHO) Peanut Butter & Jelly/ White Bread (37g CHO)	19 Beef Stew/ Brussels Sprouts/ Biscuit (37g CHO) Egg Salad/ White Hamburger Roll (30g CHO)	20 President's Day Meal Stuffed Pepper/ Savory Sauce/ Mashed Potatoes (39g CHO) Chicken Breast/ Wheat Hamburger Roll/ Potato Salad (42g CHO)	21 Ham Steak/ Pineapple Topping/Creamed Cabbage/ Sweet Potato (46g CHO) American Cheese/ Rye Bread/ Marinated Vegetable Salad (42g CHO)	22 Cheese Tortellini/ Chicken Cream Sauce/ Roll (75g CHO) Tuna Salad/ White Bread (28g CHO)	
25 Polynesian Chicken/ White Rice (30g CHO) Ham/ Rye Bread (34g CHO)	26 Cheese Omelet w/ Cheese Sauce/ Harvard Beets/ Bran Square (47g CHO) Tuna Salad/White Bread/ Carrot Pineapple Salad (41g CHO)	27 Roast Beef/ Gravy/ Cheesy Mashed Potatoes (32g CHO) Hardboiled Eggs/ Mayo PC/Wheat Bread/ Coleslaw (37g CHO)	28 BBQ Pulled Pork/ Squash/ Roasted Red Potatoes/ Wheat Hamburger Roll (96g CHO) Turkey/Italian Bread (30g CHO)	29 Beer Battered Fish/Mixed Vegetables/German Potato Salad (59g CHO) Chicken Salad/Wheat Bread/Marinated Vegetable Salad (31g CHO)	

The essential work done by Meals on Wheels for Western New York is made possible by generous financial support from community members, local foundations and corporations, as well as through grants from the U.S. Department of Health and Human Services, New York State Office for the Aging and Erie County's Departments of Senior Services and Social Services. For more information, visit www.mealsonwheelswny.org.

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