



**MEALS on WHEELS**  
**CHEYENNE**

TOGETHER, WE CAN DELIVER.

# MENU

February 21<sup>st</sup> is Presidents' Day and we will be sending out frozen meals. If you don't want one please call 307-635-5542 before February 18<sup>th</sup>.

*If you need to cancel your meal please contact our office by 9:30am at (307) 635-5542.*

<p><b>MONDAY</b> <b>FEBRUARY 14</b></p> 	<p>Spaghetti &amp; Meatballs Italian Blend Vegetables Garlic Bread Strawberries Frosted Heart Cookie</p>
<p><b>TUESDAY</b> <b>FEBRUARY 15</b></p>	<p>Turkey &amp; Wild Rice Soup Succotash Garden Salad Galaxy M&amp;M Bar</p>
<p><b>WEDNESDAY</b> <b>FEBRUARY 16</b></p>	<p>Ham Smashed Potatoes &amp; Cabbage Peas Peaches &amp; Pears Cherry Danish</p>
<p><b>THURSDAY</b> <b>FEBRUARY 17</b></p>	<p>Chipotle Lime Tilapia Roasted Sweet Potatoes Yellow Squash Banana Rice Pudding w/ Raisins</p>
<p><b>FRIDAY</b> <b>FEBRUARY 18</b></p>	<p>Dijon Chicken Quinoa Salad Creamy Broccoli Slaw Fruit Blend Yogurt Red Velvet Cake</p>

**MENU SUBJECT TO CHANGE  
BASED ON AVAILABILITY AND  
DIETARY RESTRICTIONS**