

Our mailing address is:
Meals on Wheels of Bennington County
124 Pleasant Street
Bennington, VT 05201

Bennington Cafe Meal Site
Monday - Friday 11:30 am - 1:00 pm
124 Pleasant Street, Bennington
BENNINGTON OFFICE: 442-8012

Meals on Wheels of Bennington County

February 2020

**Age 60+ a minimum donation
of \$4.00 is encouraged.**
Under 60 there is a charge of \$5.00
SENIOR HELP LINE: 1-800-642-5119

Chicken Barley Soup Whole Wheat Cheddar Biscuit Celery & Carrot Casserole Cottage Cheese Mandarin Oranges	3	Bbq. Beef Butternut Squash Green Beans Coleslaw Whole Wheat Bread Fruited Jell-O	4	Pancakes w/Sausage Baked Apple Orange Glazed Carrots Boiled Egg Banana	5	Pork w/Peppers & Onions Brown Rice Pilaf Fresh Mixed Vegetables Whole Wheat Roll Fruit Cocktail	6	Tuna Apple Salad Cottage Cheese w/Peaches Fresh Vegetable Salad Whole Wheat Bread Lettuce and Tomato Oatmeal Cookie	7
Quiche Lorraine Oven Baked Home Fries Braised Cabbage Whole Wheat Bread Strawberry Yogurt	10	Sesame Chicken Asian Peanut Noodles Broccoli 4-Bean Salad Pineapple Fortune Cookies	11	Vegetable Chili over Rice Buttered Corn Green Beans Whole Wheat Bread Oranges	12	Baked Glazed Ham Sunshine Potatoes Brussel Sprouts Salad Fruited Jell-O Bread	13	VALENTINES DAY Macaroni and Cheese Broccoli & Tomato Bake Carrots Kidney Bean Salad Applesauce	14
 Meals on Wheels is CLOSED	17	Loaded Potato topped with Bacon, Broccoli, & Cheese Glazed Carrots Cottage Cheese Fruit Cup	18	Lentil Soup Apple Crisp Mixed Vegetables Whole Wheat Herb Roll Yogurt	19	<i>Birthday Lunch</i> Turkey, Stuffing, & Gravy Broccoli & Carrots Mashed Potatoes Tossed Salad Birthday Dessert	20	Pizza Du Jour Spinach Squash Salad Applesauce	21
BBQ Pulled Pork on Roll Egg Noodles Green Beans Coleslaw Fruited Yogurt	24	Chicken Marsala Rice Pilaf Broccoli Casserole Whole Wheat Bread Fruit Cup Tossed Salad	25	Hot Dog on Roll Baked Beans Stewed Tomatoes 4-Bean Salad Mandarin Oranges	26	Seafood Salad Plate Cottage Cheese Broccoli Salad Whole Wheat Bread Peaches	27	CAFÉ CLOSED	28
Menu is subject to change without notice due to product availability and nutritionist				MOW Basket Bingo Fundraiser  Coming Soon!				If you need to cancel your meal, please call 442-8012 and press 4. Call at least 24 hours before (if possible) or as soon as you can. We cannot leave meals unattended.	