

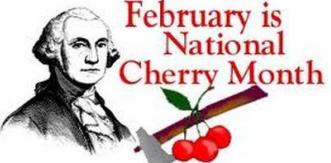
Our mailing address is:
 Meals on Wheels of Bennington County
 124 Pleasant Street
 Bennington, VT 05201

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

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| 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 | |
| 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 | |
| 17 | Presidents' Day Meals on Wheels is CLOSED | 18 | Loaded Potato topped with Bacon, Broccoli, & Cheese Glazed Carrots Cottage Cheese Fruit Cup | 19 | Birthday Lunch Lentil Soup Apple Crisp Mixed Vegetables Whole Wheat Herb Roll Yogurt | 20 | Turkey, Stuffing, & Gravy Broccoli & Carrots Mashed Potatoes Tossed Salad Birthday Dessert | 21 | |
| 24 | BBQ Pulled Pork on Roll Egg Noodles Green Beans Coleslaw Fruited Yogurt | 25 | Chicken Marsala Rice Pilaf Broccoli Casserole Whole Wheat Bread Fruit Cup Tossed Salad | 26 | Hot Dog on Roll Baked Beans Stewed Tomatoes 4-Bean Salad Mandarin Oranges | 27 | CAFFÉ CLOSED Grilled Cheese Tomato Soup Mixed Beans Cabbage Salad Pineapple | 28 | |
| Menu is subject to change without notice due to product availability and nutritionist | |  February is National Cherry Month | | 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. | |