






Meals on Wheels of Metro Tulsa  
(918) 627-4103

**February 2025 Menu-Regular**





**\*\*MENU SUBJECT TO CHANGE\*\***

Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Beef Pepper Steak Mixed Beans Lemon Zest Broccoli	4 Sausage and Red Beans* Medley Cabbage Stewed Tomatoes	5 Sausage/Egg/Cheese Breakfast Hash browns Biscuit	6 Cajun Meatloaf Chuckwagon Corn Cauliflower	7 Tuna Macaroni and Cheese Green Peas Capri Vegetables
10 Chicken Fajita Pinto Beans Mexican Style Tomatoes	11 Chicken Biscuit Hashbrown Patty Spinach	12 Pollock Fish Nuggets Whole Kernel Corn Spring Vegetables	13 Herbed Pork Loin* Brown Rice Glazed Carrots	14 
17 Turkey Tetrizzini Broccoli Glazed Carrots	18 BBQ Chicken Cream Cheese Corn Cauliflower	19 Cheese Omelet Hashbrown Patty Stewed Tomatoes	20 Breaded Pollock Green Peas Stewed Tomatoes	21 Beef Taco Black Beans Glazed Carrots
24 Meatloaf Tomato Gravy Whipped Potatoes Spring Vegetables	25 Bean Tamale Pie Savory Lime Corn Sliced Carrots	26 BBQ Pork Rib Patty* Tater Gems Green Beans with Onions	27 Turkey Sausage Patty Egg Patty w/cheese Roasted potatoes	28 Sesame Chicken Brown Rice Garlic Spinach
				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons

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**February 2025 Menu- Vegetarian**






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Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Alfredo Veggie Meatballs Mixed Beans Lemon Zest Broccoli	4 Red Beans and Rice Medley Cabbage Stewed Tomatoes	5 Pepper/Egg/Cheese Breakfast Hash browns Biscuit	6 Bean Tamale Pie Chuckwagon Corn Cauliflower	7 Three Cheese Ziti Green Peas Capri Vegetables
10 Veggie Taco Pinto Beans Mexican Style Tomatoes	11 Egg Patty w/Cheese Hashbrown Patty Spinach	12 Vegetarian Chili Whole Kernel Corn Spring Vegetables	13 Lemony Chickpea Stir-Fry Brown Rice Glazed Carrots	14 <b>Happy Valentines Day!</b> Marinara Veggie Meatballs Twice Whipped Potatoes Parmesan Brussels Sprouts
17 Spaghetti Torte Broccoli Glazed Carrots	18 Lentil Stew Cream Cheese Corn Cauliflower	19 Cheese Omelet Hashbrown Patty Stewed Tomatoes	20 Three Cheese Ziti Green Peas Stewed Tomatoes	21 Veggie Taco Black Beans Glazed Carrots
24 Broccoli Strata Whipped Potatoes Spring Vegetables	25 Bean Tamale Pie Savory Lime Corn Sliced Carrots	26 BBQ Veggie Meatballs Tater Gems Green Beans with Onions	27 Veggie Sausage Egg Patty w/cheese Roasted potatoes	28 Vegetarian Chili Brown Rice Garlic Spinach
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**February 2025 Menu- Poultry/Vegetarian**

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Monday	Tuesday	Wednesday	Thursday	Friday
				
3 Baked Chicken W/Gravy Parslied Rice Green Beans and Carrots	4 Red Beans and Rice Medley Cabbage Stewed Tomatoes	5 Pepper/Egg/Cheese Breakfast Hash browns Biscuit	6 Parmesan Chicken Lentils Diced Beets	7 Three Cheese Ziti Green Peas Capri Vegetables
10 Chicken Fajita Pinto Beans Mexican Style Tomatoes	11 Chicken Biscuit Hashbrown Patty Spinach	12 Vegetarian Chili Whole Kernel Corn Spring Vegetables	13 Chicken Piccata Whole Kernel Corn Diced Beets	14 <b>Happy Valentines Day!</b> Chili Garlic Chicken Twice Whipped Potatoes Parmesan Brussels Sprouts 
17 Turkey Tetrizzini Broccoli Glazed Carrots	18 BBQ Chicken Cream Cheese Corn Cauliflower	19 Cheese Omelet Hashbrown Patty Stewed Tomatoes	20 Three Cheese Ziti Green Peas Stewed Tomatoes	21 Veggie Taco Black Beans Glazed Carrots
24 Broccoli Strata Whipped Potatoes Spring Vegetables	25 Chicken Nuggets Dilled Carrots Chuckwagon Corn	26 BBQ Veggie Meatballs Tater Gems Green Beans with Onions	27 Turkey Sausage Patty Egg Patty w/cheese Roasted potatoes	28 Sesame Chicken Brown Rice Garlic Spinach
				*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons