



## Meals on Wheels | February 2025 Menu

For more information, please reach out to Mika Bernier, Health & Wellness Director at:  
Email: [wellnessdir@nndfn.com](mailto:wellnessdir@nndfn.com) | Tel: 867 996-2265 ext 125

**Feb 3<sup>rd</sup> (Mon)** – Chicken & broccoli alfredo casserole w/ fresh bun

**Feb 5<sup>th</sup> (Weds)** – Beef dip w/ au jus & side salad

**Wellness lunch:** Hamburger veg soup w/ oven Bannock

**Feb 7<sup>th</sup> (Fri)** – Baked salmon w/ rice pilaf & seasonal veg

**Feb 10<sup>th</sup> (Mon)** – Baked ham w/ scalloped potatoes & veggies

**Feb 12<sup>th</sup> (Weds)** – Beef stir fry w/ rice

**Wellness lunch:** Ham and split pea soup w/ ham & cheese ciabatta sandwich

**Feb 14<sup>th</sup> (Fri)** – Baked chicken quarters w/ root veg (potatoes, rutabaga, onion, carrots & brussel sprouts) served with side gravy

**Feb 17<sup>th</sup> (Mon)** – Swiss steak w/ sauteed onions and peppers in a rich tomato gravy, served with rice and veg

**Feb 19<sup>th</sup> (Weds)** – Stuffed breaded chicken breast w/ homemade baked mac & cheese and side salad

**Wellness lunch:** Creamy potato, bacon & leek soup w/ bagels & cream cheese w/ smoked salmon locs, capers & fresh dill

**Feb 21<sup>st</sup> (Fri)** – Frybread topped with shephard's pie filling & garlic mashed potatoes

**Feb 24<sup>th</sup> (Mon)** – Swedish meatballs w/ mushroom dill sauce, mashed potatoes & honey dill glazed carrots

**Feb 26<sup>th</sup> (Weds)** – Smoked sausage & pierogies w/ sauteed onion & bacon, side sour cream

**Wellness lunch:** Hearty beef stew w/ fresh bun OR Bannock

**Feb 28<sup>th</sup> (Fri)** – Chicken and vegetable stir fry w/ chow mein noodles & spring roll