

Meals on Wheels

January 2024

Substitutions May Occur

Monday	Tuesday	Wednesday	Thursday	Friday
CENTER CLOSED 1 	2 Tuna Sandwich 3 Bean Salad Baked Chips Applesauce	3 BBQ Chicken Scalloped Potatoes Corn Pineapple	4 Broccoli Cheese Soup Corn Bread Muffin Steamed Carrots Peaches w/ Cottage Cheese	5 Spaghetti With Meat Sauce Garlic Bread Cesar Salad Berries w/ Cream
8 Tomato Soup Chicken Tenders Dinner Roll Peaches	9 Porkchops w/ sauce Capri Veggies Mashed Potatoes Tropical Fruit	10 Taco Casserole Spanish Rice Beans Pears	11 Chicken Cordon Blu Wild Rice Green Beans Berries & Cream	12 Chicken Noodle Soup Buttermilk Biscuit Mix Veggies Mandarin Oranges
CENTER CLOSED 15 	16 Egg Salad Sandwich Baked Chips Tomato/Garbanzo Salad Orange	17 Pork Roast Cornbread Stuffing Malibu Veggies Cake / Pineapple & Cottage Cheese BIRTHDAY LUNCH	18 Baked Tilapia Rice Pilaf Roasted Vegetables Pears	19 Chicken Tortilla Soup Cheddar Biscuit Steamed Carrots Fruit Fluff
22 Beef Burrito w/ beans and Cheese Spanish Rice Mixed Veggies Mango & Cream	23 Shrimp Alfredo Fresh Salad Garlic Bread Citrus Salad	24 Cheddar Burger French Fries Broccoli Salad Fruit Fluff	25 Turkey & Rice Casserole Roasted Yellow Squash Blueberry Muffin Banana & Pudding	26 Chicken Parmesan Mixed Veggies Garlic Bread Peaches
29 Salisbury Steak w/ Gravy Mashed Potatoes Corn Pears	30 Cabbage Rolls Blueberry Muffin Capri Veggies Tropical Fruit	31 Baked Cod Herb Noodles Bran Muffin Mixed Vegetables Pears		

Suggested Donation for Seniors Dining-In is \$ 3.00 per meal. Fixed fee for Non-Senior or any order packed "TO GO" is \$ 4.50 per meal.