

MEALS ON WHEELS MENU - JANUARY 2019

	1 HAPPY NEW YEAR	2 Batter-Dipped Fish Nuggets/Tartar Sauce Garlic Mashed Potatoes Carrots WG Bread Fresh Fruit	3 Three Bean Beef Chili Squash Medley Corn Muffin Mini Moon Pie	4 Turkey Sausage with Pepper, Onions, & Tomatoes over WG Rotini Pasta Apples w/ Raisins WG Bread Graham Crackers
7 Pork Chop Patty Sweet Potatoes Brussels Sprouts WG Bread Applesauce	8 Honey Mustard Chicken Breast Potatoes Florentine Mixed Vegetables WG Bread Graham Crackers	9 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread Orange Juice	10 Rib-Shaped Beef Patty w/ Spanish Braised Sauce Stewed Tomatoes w/ Cilantro Garden Peas WG Bread Pineapple Cup	11 Chicken Parmesan Rosemary Potatoes Cheesy Spinach WG Bread Grape Juice
14 Mojo Chicken Patty Broccoli w/ Carrots Succotash WG Bread Animal Crackers	15 Western Omelet Potatoes O'Brien Strawberry Applesauce WG Bread Peanut Butter Orange Juice	16 Hamburger Patty Potato Wedges Carrots WG Bun Oatmeal Raisin Cookie Fresh Fruit	17 WG Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables WG Bread Peach Cup	18 Manicotti Alfredo Peas Italian Vegetable Medley WG Bread Graham Crackers
21 MARTIN LUTHER KING JR DAY	22 Cavatappi Bolognese Italian Vegetables WW Bread Citrus Fruit Cup	23 Chili Hot Dog Baked Beans Corn w/ Diced Tomato WG Hot Dog Bun Mustard Applesauce	24 Beef Steak Patty w/ Mushroom Gravy Garlic Mashed Potatoes Squash & Green Bean Medley WG Bread Pineapple Cup	25 Chicken Marsala Potato Onion Soufflé Spinach & Mushrooms WG Bread Mini Moon Pie Orange-Pineapple Juice
28 Meatloaf with Apple Brown Gravy Skin-on Potatoes WG Bread Pineapple Cup	29 Chicken Garden Casserole Summer Blend Vegetables WG Bread Mandarin Oranges	30 Batter-Dipped Fish Nuggets/Tartar Sauce Garlic Mashed Potatoes Carrots WG Bread Fresh Fruit	31 Three Bean Beef Chili Squash Medley Corn Muffin Mini Moon Pie	

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
WG = Whole Grain; WW = Whole Wheat

**PLEASE REMEMBER TO CALL AT LEAST 48 HOURS IN ADVANCE
IF YOU WILL NOT BE HOME FOR YOUR MEAL. THANK YOU!**

