

MEALS ON WHEELS MENU - JANUARY 2019

VEGETARIAN MEALS

	1 HAPPY NEW YEAR	2 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread Pineapple Cup	3 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread Applesauce	4 Eggplant Parmesan Garbanzo Beans WG Bread Mandarin Oranges Waffle Grahams
7 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	8 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	9 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Peach Cup	10 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread Pineapple Cup	11 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread Applesauce
14 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Peach Cup	15 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	16 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread Pineapple Cup	17 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread Applesauce	18 Eggplant Parmesan Garbanzo Beans WG Bread Mandarin Oranges Waffle Grahams
21 MARTIN LUTHER KING JR DAY	22 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	23 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Peach Cup	24 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread Pineapple Cup	25 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread Applesauce
28 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Peach Cup	29 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Graham Crackers Orange-Pineapple Juice	30 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread Pineapple Cup	31 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread Applesauce	

All meals served with 1% low-fat white or non-fat chocolate milk. *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!**

