Meals on Wheels Menu

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 *Meals on Wheels will be CLOSED in observance of the holiday.*	**2** Beef Stroganoff with Onions & Mushrooms Rotini Noodles Brussels Sprouts Seasoned Apples	**3** Southern Chicken-n-Biscuit Mashed Potatoes Broccoli Florets Pineapple Tidbits with Cream	**4** Spinach & Bacon Quiche California Mixed Veggies with Black Beans Fruit Cup	**5** Roasted Chicken Breast with Gravy Mashed Potatoes Winter Squash Pumpkin Cookie
8 Roast Pork with Apple Craisin Gravy Diced Potatoes Harvard Beets Orange	**9** Swedish Steak with Mushroom Sauce Mashed Potatoes with Sour Cream Capri Blend Vegetables Apples with Cinnamon	**10** Glazed Ham Patty Sweet Potatoes Green, Waxed, & Black Beans Mix Birthday Cake	**11** Chicken, Corn & Potato Chowder with Crackers Broccoli Fruit Parfait	**12** Baked Cheese Lasagna Rollettes with Beef Marinara Sauce Spinach Pineapple Chunks
15 Pork Chop with Pineapple Sauce Mashed Sweet Potatoes Green & Black Beans Pears	**16** Chicken Breast with Vegetable Sweet-n-Sour Sauce Vegetable Rice Pilaf Broccoli Florets Tapioca Pudding with Peaches	**17** Roast Pork with Sauce Boiled Potatoes Cabbage & Carrots Apple Raisin Cake	**18** Chopped Steak with Brown Sauce Baked Beans Diced Carrots Watermelon	**19** Oven Fried Chicken Breast Diced Potatoes with Parsley Peas & Onions Orange
22 Mac & Cheese Green Beans Stewed Tomatoes Apple	**23** Meatloaf with Brown Sauce Red Potatoes with Cheddar Winter Mixed Vegetables Date Craisin Bar	**24** Beef Tips with Sauce and Sautéed Onions Mashed Potatoes Beets Fruit Crisp with Cream	**25** Chicken with Sauce & Stuffing Yams Green Beans & Lentils Apple	**26** Baked American Goulash with Cavatappi Brussels Sprouts Peaches
29 Italian Chicken Fingers with Ginger Sauce Rice with Peas, Carrots & Pearl Onions Broccoli Florets Mandarin Oranges & Cream	**30** BBQ Pork Rib Home Fried Potatoes Carrots Applesauce	**31** Sliced Pot Roast Au Jus Ranch Mashed Potatoes Carrots & Cabbage Apple	HAPPY new year 2024	

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.