


# Meals on Wheels Menu

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>NO MEALS SERVED</b>  <b>HAPPY 2026 NEW YEAR</b>	<b>NO MEALS SERVED</b>
Chicken marsala w/ sauce Mashed cauliflower Green & black beans 2 slices of bread Pineapple & yogurt parfait	Spinach & onion quiche California mix vegetables Biscuit fruit & yogurt	Roasted chicken breast Gravy Mashed potatoes Winter squash Wheat bread Pumpkin cookie	Roast pork w/ apple craisin gravy Diced potatoes w/ seasonings Harvard beets Wheat roll Orange	Swedish steak Mushroom sauce Rotini pasta w/ sour cream Capri blend vegetables Wheat roll Apples w/ cinnamon
Glazed ham patty Sweet potatoes Mix of green & waxed beans Wheat rolls Birthday cake	Chicken, corn & potato stew Beets Crackers Wheat roll Fruit parfait	Lasagna rollette w/ marinara sauce & beef Spinach Southern biscuits Pineapple chunks	Breaded pork chop w/ pineapple sauce Mashed sweet potatoes Green & black beans Wheat roll Pears	Diced chicken breast w/ veg. oriental sauce Vegetable rice pilaf Broccoli florets Wheat bread Tapioca pudding w/ peaches
Pork tips w/ sauce, sauteed onions, peppers & mushrooms Mashed potatoes Broccoli Wheat roll Strawberry shortcake w/ cream	House hamburger steak Brown sauce Baked beans Diced carrots Wheat bread Watermelon	Oven fried chicken breast Diced potatoes w/ parsley Peas & onions Wheat roll Orange	Cavatappi & cheddar green beans Stewed tomatoes Wheat roll Apple	Meatloaf w/ brown sauce Red potatoes w/ cheddar Winter mixed vegetables Wheat roll Date craisin bar
Roast pork w/ sauce Cabbage & carrots Boiled potatoes Wheat bread Apple raisin cake	Beef stew Broccoli florets Cole slaw Biscuit Jello	BBQ pork rib Home fried potatoes Carrots Wheat biscuit Applesauce	Italian chicken fingers w/ marinara sauce Rice w/ peas, pearl onions & carrots Broccoli florets Wheat roll Mandarin oranges & cream	Baked American goulash w/ cavatappi Parmesan cheese Brussel sprouts Wheat roll Peaches

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

**Make your reservation two days prior by calling: 603-352-2253**