



January

2018

MEALS ON WHEELS

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	2	3	4	5					
CLOSED	Mac N Cheese Polish Sausage Glazed Carrots	BBQ Meat Balls Roasted Potatoes Peas and Carrots	FROZEN	Pork Roast Rice Pilaf Oriental Veggie					
8	9	10	11	12					
Chicken Alfredo w Penne Mixed Veggie	Beef Roast Potatoes and Gravy Broccoli	Lemon Pepper Cod Rice Spinach	FROZEN	Hot Turkey Sandwich Mashed Potato Green Beans					
15	16	17	18	19					
CLOSED	Oven Baked Chicken Ranch Rosted Potato Beans	MeatLoaf Twiced Baked Potato Corn	FROZEN	Spaghetti Mixed Veggie					
22	23	24	25	26					
Sweet & Sour Chicken Rice Buttered Peas	Hot beef Sandwich Boiled Potatoes & Gravy Veg	Pork Ribs SaurKraut Mashed Potato Beets	FROZEN	Chili Baked Potato Broccoli					
29	30	31							
Cabbage Roll Casserole Mixed Veggie	Ham & Scalloped Potato Roasted Veggie OR Veggie Pie	Chicken Enchilada Hominy Refried Beans							