



MEALS ON WHEELS MENU

January 2020



NOTES:

Subject to change due to availability & weather.

Substitutions made for SPECIAL & RENAL diets.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			NO MEAL DELIVERY	Chicken Pot Pie	Mac n Cheese	
			OFFICE CLOSED	Ham & Pickle Salad	Pasta & Veggie Salad	
5	6	7	8	9	10	11
	Chicken Kiev	BBQ Pork	Beef Stew over Egg Noodles	Yucatan Chx Thigh	Roasted Cod with Caponata	
	Roast Beef & Cheddar	Turkey Club Wrap	Chx Breast Sandwich	Asian Grilled Chicken Salad	Veggie & Cheese Quesadilla	
12	13	14	15	16	17	18
	Baked Ham	Beef & Bean Chili over Brown Rice	Chicken Marsala	Pork w/Apple Gravy	Stuffed Shells	
	Ham & Swiss	Chicken Salad	Italian Hoagie	BBQ Pork Sandwich	Caesar Salad	
19	20	21	22	23	24	25
	Broccoli Mac n Cheese	Cheddar Cheese Omelette	Chicken Tenders	Meatloaf	Baked Fish Thermidor	
	Salami & Mozzarella	BLT Wrap	Chef Salad	Taco Salad	Egg Salad	
26	27	28	29	30	31	
	Chicken Pot Pie	Pierogi's	Roast Beef w/Gravy	Chicken Piccata	Lasagna Roll-Ups	
	Dilled Turkey Salad	Spinach Salad	Italian Antipasto	Turkey & Cheese	Tuna Salad	