

## Meals on Wheels January 2020 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Call 651-3123 to Order <b>ALT Meal in yellow</b> or <b>Weekend Meals in Blue</b>	ALL Meals are served with your Choice of 1% Milk OR a variety of Juices	<b>CLOSED - 1</b> <b>BEEF POT ROAST</b> This meal was delivered Friday Dec. 27th	<b>2</b> Rosemary Chicken Roasted Potatoes Diced Carrots Warm Diced Peaches Dinner Roll & Butter	<b>3</b> SW Turkey Bowl Spanish Rice Corn & Bean Salsa Vegetable Blend Coffee Cake Fruit Cocktail	<b>4</b> Chili Mac casserole Delivered Thurs 1/2	<b>5</b> Rosemary Chicken Delivered Thurs 1/2
6	7	8	9	10	11	12
<b>Beef Tips in Gravy</b> Over Egg Noodles Peas & Carrots Fresh Fruit Mix	<b>Turkey Tetrazzini</b> Egg Noodles Broccoli Diced Pineapple Minnesota Cookie	<b>Jamaican Chicken</b> Mashed Sweet Potato Okra & Tomatoes Dinner Roll & Butter	<b>Pork Stir Fry</b> Brown Rice Asian Veggie Blend, Warm Sliced Apples Chocolate Cookie ALT: Chicken Stir Fry	<b>Cuban Beef</b> Seasoned w/peppers & onions, Black Beans & Rice, Veggies, Plums M&M Cookie	<b>Roast Turkey</b> Delivered Thurs 1/9	<b>Baked Ham</b> Delivered Thurs 1/9
13	14	15	16	17	18	19
<b>Salisbury Steak</b> Egg Noodles & Gravy Diced Carrots Applesauce Oatmeal Raisin cookie	<b>Chicken Enchilada Bake</b> Corn & Peppers California Veggies Mixed Fruit Choc. Chip Muffin	<b>Turkey Meatloaf</b> Mashed Potatoes Green Beans Dinner Roll & Butter Diced Pineapple Jam Bar	<b>Baked Penne Pasta</b> Pork Sausage & tomato sauce, Braised Greens, Veggie blend Mandarin Oranges ALT: Ground Turkey	<b>BBQ Chicken Drumsticks</b> Roasted Potatoes Cauliflower & peppers, Dinner Roll Fruited Jell-O	<b>Beef Quesadilla</b> Delivered Thurs 1/16	<b>Turkey Tetrazzini</b> Delivered Thurs 1/16
<b>CLOSED - 20</b>	21	22	23	24	25	26
Meal delivered Friday 1/17 <b>CHEESY EGG Scramble</b> , Breakfast Potatoes, Turkey Sausage, Warm Pears	<b>Beef Pot Roast</b> Mashed potatoes w/gravy Peas & Carrots Dinner roll w/butter Molasses Cookie	<b>Greek Chicken Pasta</b> w/sundried tomato, artichoke, black olives & Feta Cheese Snap Peas & Apple Crumble	<b>Latin Pork Chimichurri</b> sauce, Red beans & Rice, Sweet corn Apple slices Oatmeal Choc. Cookie ALT: Latin Chicken	<b>Roast Turkey</b> w/gravy Green Beans Stuffing Cranberry Orange Sauce	<b>Veggie Lasagna</b> Delivered Thurs 1/23	<b>Cilantro Lime Chicken</b> Delivered Thurs 1/23
27	NEW 28 NEW	29	NEW 30 NEW	31	Feb 1	Feb 2
<b>Tuna Melt</b> Open Faced w/Cheddar Cheese on Toast Peas & Carrots Sugar Cookie ALT: Chicken Melt	<b>Cheesy Ham &amp; Broccoli Casserole</b> Scandinavian Veggies Applesauce ALT: Chicken Casserole	<b>Hot Turkey Sandwich</b> Open Faced on Wheat w/Gravy, Mashed Potatoes Veggie Blend Peanut Butter Cookie	<b>Beef Quesadilla</b> Spanish Rice Peppers & Onion Fruit Cocktail	<b>Beef Lasagna</b> Broccoli & baby carrots Dinner Roll w/butter Mixed Fruit cup	<b>Beef Pot Roast</b> Delivered Thurs 1/30	<b>BBQ Pork Loin</b> Delivered Thurs 1/30

### JANUARY CHOICE MEALS Call 651-653-3123

1. Salisbury Steak      2. Roast Turkey Dinner      3. Parmesan Fish      4. Breakfast Hash