

## Meals on Wheels January 2021 Menu – Contact Debbie at 651-653-3123

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
				1	2	3
<b>ALL Meals are served with Choice of 1% Milk OR Juice variety</b>		<b>Call 651-653-3123 to Order ALT Meal in yellow OR Weekend Meals</b>		<b>Breakfast Hash</b> Cheesy Egg Scramble Roasted potatoes Turkey sausage, warm diced pears English muffin	<b>Chicken Enchilada Bake Delivered Mon 12/28</b>	<b>Turkey Tetrazzini Delivered Mon 12/28</b>
4	5	6	7	8	9	10
<b>Honey Mustard Chicken</b> , Roasted potatoes, Green beans Mandarin oranges Dinner roll & brownie	<b>SW Turkey Bowl</b> Ground turkey over Spanish rice, corn & bean salsa, veggies blend Fruit cocktail	<b>Beef Stew</b> Onions, potatoes & carrots in gravy Peas Pineapple, Dinner roll	<b>Spaghetti w/meat sauce</b> Warm diced pears Steamed Broccoli Peach cobbler cookie	<b>Parmesan Crusted Fish, Brown Rice,</b> California Veggies, Baby Carrots, cookie <b>ALT: Parm. Chicken</b>	<b>Salisbury Steak</b>  Delivered Thurs 1/7	<b>Rosemary Chicken</b>  Delivered Thurs 1/7
11	12	13	14	15	16	17
<b>Beef Sloppy Joe</b> Mashed potatoes Diced carrots Fresh fruit Whole wheat bun	<b>Turkey Tetrazzini</b> Mixed veggies, egg noodles in cream sauce Steamed broccoli Baked apples Spice cookie	<b>Sweet &amp; Sour Chicken</b> Pineapple & peppers Asian Vegetables Brown Rice Choc. Sea Salt Cookie	<b>Beef Tips in Gravy</b> Egg noodles Peas & carrots Diced Pears	<b>Chicken Enchilada Bake</b> Chicken, tortilla, veggies w/cheese & sauce, Corn & peppers Veggie blend Choc. Chip Cookie	<b>Beef Pot Roast Delivered Thurs 1/14</b>	<b>Orange Chicken Delivered Thurs 1/14</b>
CLOSED 18	19	20	21	22	23	24
<b>BBQ Chicken Leg (Drummies) Delivered Frozen on Friday 1/15</b>	<b>Chili Mac Casserole</b> Ground beef & noodles in tomato sauce, Green beans, baked apples M&M Cookie	<b>Rosemary Chicken breast</b> Roasted potatoes, Sweet peas, Warm diced peaches, Dinner roll & butter	<b>Cheesy Ham &amp; broccoli casserole,</b> over noodles, Veggies, Choc Chip muffin <b>ALT: Chicken Cass.</b>	<b>Beef Pot Roast</b> Beef & Gravy w/mashed potatoes Peas & Carrots Dinner Roll Molasses Cookie	<b>Beef Chili Delivered Thurs 1/21</b>	<b>Chicken Stir Fry Delivered Thurs 1/21</b>
25	26	NEW 27 NEW	28	NEW 29 NEW	30	31
<b>Herb Roasted Pork</b> w/gravy, mashed sweet potatoes, sliced zucchini, Dinner roll & Cookie <b>ALT: Roast Chicken</b>	<b>Beef Meatloaf</b> Mashed potatoes California Veggies Dinner roll Fruit Cocktail	<b>Salisbury Steak</b> Ground beef w/mushroom gravy Egg noodles, carrots Applesauce Oatmeal cookie	<b>Baked Mahi Mahi</b> Baked Fish w/spinach cream sauce, Egg noodles, Italian Veggies, Choc. Pudding <b>ALT: Baked Chicken</b>	<b>Breakfast Hash</b> Cheesy Egg Scramble Roasted potatoes Turkey sausage, warm diced pears English muffin	<b>Sloppy Joe Delivered Thurs 1/28</b>	<b>Baked Ham Delivered Thurs 1/28</b>

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

1. Beef Pot Roast
2. Honey Mustard Chicken
3. Baked Mahi Mahi
4. Peanut Butter Blueberry Oatmeal & scrambled Eggs