



# January Meals on Wheels Cold Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> New Year's Day  <b>Closed</b>	<b>2</b> MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	<b>3</b> VEGETARIAN TACO SALAD COTTAGE CHEESE RED FLAME GRAPES TORTILLA CHIPS SALSA AND RANCH PACKETS	<b>4</b> CREAMY CRAB AND DILL PASTA STRAWBERRY YOGURT MANDARIN ORANGES WHOLE GRAIN ROLL
<b>7</b> ZESTY BEEF PASTA SALAD MARINATED CUCUMBERS MANDARIN ORANGES WHOLE GRAIN ROLL	<b>8</b> TURKEY TWIST PASTA SALAD PEARS MARINATED TOMATOES*** WHOLE GRAIN ROLL	<b>9</b> CHEF SALAD WITH TURKEY, EGGS AND TOMATO COTTAGE CHEESE MANDARIN ORANGES CROUTONS	<b>10</b> TUNA ROTINI PASTA WINTERBEAN SALAD PINEAPPLE TIDBITS APPLE WALNUT SPICED MUFFIN	<b>11</b> EGG SALAD ON GREENS WITH TOMATO BROCCOLI AND CAULIFLOWER TROPICAL FRUIT WHOLE GRAIN ROLL
<b>14</b> ASIAN CHICKEN SALAD CAULIFLOWER SALAD MANDARIN ORANGES CHOW MEIN NOODLES	<b>15</b> HAM AND CHEDDAR LEAF LETTUCE AND MAYO PEARS MACARONI SALAD*** WHEAT HAMBURGER BUN	<b>16</b> TUNA SALAD MIXED GREENS, EGGS, TOMATOES PICKLED BEETS CRUSHED PINEAPPLE WHEAT CRACKERS	<b>17</b> CHICKEN CHEDDAR SALAD TROPICAL FRUIT PEACH YOGURT APPLE SPICE MUFFIN	<b>18</b> HONEY CINNAMON CREAM CHEESE RED GRAPES BROCCOLI SALAD WHOLE WHEAT BAGEL
<b>21</b> ML King Day ISLAND CRAB PASTA FRUIT YOGURT WITH GRANOLA MANDARIN ORANGES WHOLE GRAIN ROLL	<b>22</b> PEPPERONI PASTA COTTAGE CHEESE*** APPLESAUCE WHOLE GRAIN ROLL	<b>23</b> TURKEY BOWTIE PASTA SALAD CRUSHED PINEAPPLE BLUEBERRY YOGURT WHOLE GRAIN ROLL	<b>24</b> CRAB SALAD ON GREENS EGGS AND TOMATO WEDGES GARBANZO BEAN SALAD PINEAPPLE TIDBITS WHOLE GRAIN ROLL	<b>25</b> TURKEY TWIST PASTA SALAD RED FLAME GRAPES CORN AND BLACK BEAN SALAD WHOLE GRAIN ROLL
<b>28</b> ROASTED GARLIC AND HERB SPREAD BROCCOLI AND CAULIFLOWER APPLESAUCE HARD BOILED EGG WHOLE WHEAT CRACKERS	<b>29</b> CHICKEN PESTO PASTA SALAD MAR. TOMATOES & ONIONS*** FRUIT COCKTAIL WHOLE GRAIN ROLL	<b>30</b> HONEY HAM AND CHEDDAR WHEAT BUN AND LEAF LETTUCE COLESLAW PEARS	<b>31</b> MEDITERRANEAN TURKEY SALAD PEACHES MOZZARELLA CHEESE CUBES WHOLE GRAIN ROLL	



Each meal meets the new A.A.A. approved nutritional guidelines.  
 All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

