



# January Meals on Wheels Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <small>New Year's Day</small>  <b>Closed</b>	<b>2</b> SMOTHERED PORK COLLARD GREENS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>3</b> BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL	<b>4</b> ❄️ BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM BUTTERMILK BISCUIT
<b>7</b> ❄️ VEGETABLE FRITTATA BLUEBERRY OATMEAL PORK SAUSAGE LINKS FRUIT MUFFIN	<b>8</b> ❄️ CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>9</b> HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	<b>10</b> ❄️ PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	<b>11</b> LASAGNA W/ ITALIAN PORK SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL
<b>14</b> SWEET AND SOUR PORK BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	<b>15</b> CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	<b>16</b> SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY CINNAMON APPLES FRUIT MUFFIN	<b>17</b> HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	<b>18</b> ❄️ BLACKENED TALAPIA SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN
<b>21</b> <small>ML King Day</small> HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP BUTTERMILK BISCUIT	<b>22</b> SLOPPY JOE BAKED BEANS WITH PEPPERS CHOCOLATE ZUCCHINI CAKE WHOLE WHEAT BUN	<b>23</b> ❄️ COUNTRY FRIED CHICKEN MASHED POTATOES SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	<b>24</b> ❄️ SPAGHETTI WITH MEATSAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL	<b>25</b> VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL
<b>28</b> CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	<b>29</b> ❄️ PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	<b>30</b> SESAME CHICKEN WHITE RICE WAX BEANS AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	<b>31</b> LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES CINNAMON APPLES 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.

