

MEALS ON WHEELS JANUARY 2018 MENU
Menu may vary slightly by MOW program site.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN 1	JAN 2	JAN 3	JAN 4	JAN 5
BUTTERMILK CHICKEN BREAST BAKED SWEET POTATO GREEN BEANS WHOLE GRAIN FRUIT BAR	SALISBURY STEAK W/ONION GRAVY MASHED POTATOES FRUIT WHOLE WHEAT ROLL	CHICKEN CURRY WHITE RICE GLAZED CARROTS CHOCOLATE BROWNIE FRUIT	BISCUITS & SAUSAGE GRAVY BREAKFAST POTATOES VEGETABLES APPLE SAUCE <i>ALT: TURKEY SAUSAGE</i>	BAKED COD RICE PILAF PEAS & CARROTS DESERT BAR <i>ALT: CHICKEN</i>
JAN 8	JAN 9	JAN 10	JAN 11	JAN 12
SALMON CAKE LEMON BUTTER SAUCE EGG NOODLE EDAMAME COOKIE <i>ALT: CHICKEN CAKE</i>	WAFFLES BREAKFAST POTATOES SAUSAGE PATTY APPLE SAUCE SYRUP	BEEF CABBAGE ROLL PEAS & CARROTS RICE PILAF DINNER ROLL COOKIE	CHICKEN CASSEROLE EGG NOODLES GREEN BEANS MUFFIN FRUIT	SPAGHETTI BEEF BOLOGNESE (WHOLE WHEAT) VEGETABLE BLEND GARLIC TOAST FRUIT
JAN 15	JAN 16	JAN 17	JAN 18	JAN 19
BEEF-N-BROCCOLI BROWN RICE FRUIT FORTUNE COOKIE	CHICKEN MARSALA WHOLE WHEAT NOODLES GREEN BEANS W/BALSAMIC BANANA BREAD	PORK SCHNITZEL BRAISED CABBAGE GERMAN POTATO SALAD DINNER ROLL FRUIT <i>ALT: CHICKEN</i>	BEEF SLOPPY JOE WHOLE WHEAT BUN GLAZED CARROTS 7-LAYER BAR	VEGETARIAN LASAGNA GARLIC TOAST APPLE PIE FRUIT CUP
JAN 22	JAN 23	JAN 24	JAN 25	JAN 26
BBQ PORK SANDWICH WHEAT BUN COLESLAW BLUEBERRY COBBLER <i>ALT: BBQ CHICKEN</i>	BEEF CHILI DIRTY RICE CAULIFLOWER W/CHEESE SAUCE CORNBREAD MUFFIN	CHICKEN FAJITA SAUTEED ONIONS & PEPPERS SPANISH RICE FRUIT	TATER TOT HOTDISH GREENBEANS DINNER ROLL WHOLE FRUIT	TUNA CASSEROLE SWEET PEAS BREAD VANILLA PUDDING <i>ALT: MAC & CHEESE</i>
JAN 29	JAN 30	JAN 31		
HEARTY BEEF STEW DINNER ROLL APPLE CRISP FRUIT SALAD	BREADED CHICKEN W/ CORDON BLEU SAUCE PEAS & CARROTS DINNER ROLL WHOLE FRUIT <i>ALT: TURKEY SAUCE</i>	STUFFED PORK LOIN BROWN RICE & HERB BUTTER SCALLOPED POTATOES GREEN BEANS W GARLIC BUTTER COOKIE <i>ALT: STUFFED CHICKEN BREAST</i>	 RAMSEY COUNTY	

Beverage choice of milk or juice is served with every meal.
Call us to order weekend meals. Monthly choice meals:

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| 1. CHICKEN LINGUINI PARMA ROSA | 2. SPAGHETTI BEEF BOLOGNESE |
| 3. TUNA CASSEROLE | 4. FRENCH TOAST |