



# MEALS ON WHEELS

## January 2021 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>BREAKFAST HASH</b> cheesy egg scramble over roasted potatoes turkey sausage links warm diced pears English muffin & butter
<b>4</b> <b>HONEY MUSTARD CHICKEN</b> seasoned chicken breast roasted potatoes green beans mandarin oranges multigrain roll & butter brownie	<b>5</b> <b>SOUTHWEST TURKEY BOWL</b> seasoned ground turkey over Spanish rice corn and bean salsa vegetable blend fruit cocktail	<b>6</b> <b>BEEF STEW</b> with onions, potatoes, and carrots in beef gravy peas pineapple dinner roll & butter	<b>7</b> <b>SPAGHETTI WITH MEAT SAUCE</b> warm diced pears steamed broccoli peach cobbler cookie	<b>8</b> <b>PARMESAN CRUSTED FISH</b> over brown rice pilaf California vegetables baby carrots snickerdoodle cookie <i>alt: parm crusted chicken</i>
<b>11</b> <b>BEEF SLOPPY JOE</b> served on whole wheat bun mashed potatoes diced carrots fresh fruit	<b>12</b> <b>TURKEY TETRAZZINI</b> turkey, mixed veggies, and egg noodles in a cream sauce steamed broccoli baked apples spice cookie	<b>13</b> <b>SWEET &amp; SOUR CHICKEN</b> with pineapple and peppers Asian vegetable blend brown rice chocolate sea salt cookie	<b>14</b> <b>BEEF TIPS IN GRAVY</b> over egg noodles peas and carrots diced pears	<b>15</b> <b>CHICKEN ENCHILADA BAKE</b> chicken, tortilla, veggies w/ cheese & sauce corn and peppers California veg blend chocolate chip cookie
<b>18</b> <b>BBQ CHICKEN DRUMSTICK(S)</b> chicken leg(s) with sauce roasted sweet potatoes collard greens corn muffin fruit cocktail	<b>19</b> <b>CHILI MAC CASSEROLE</b> ground beef and noodles in tomato sauce green beans baked apples m&m cookie	<b>20</b> <b>ROSEMARY CHICKEN</b> seasoned chicken breast roasted potatoes sweet peas warm diced peaches dinner roll & butter	<b>21</b> <b>CHEESY HAM &amp; BROCCOLI CASSEROLE</b> shredded ham and broccoli in creamy cheese sauce over noodles Scandinavian vegetables double choc. chip muffin <i>alt: chicken &amp; broc. cass.</i>	<b>22</b> <b>BEEF POT ROAST</b> beef and gravy with mashed potatoes peas & carrots dinner roll & butter molasses cookie
<b>25</b> <b>HERB ROASTED PORK LOIN</b> with gravy, mashed sweet potatoes sliced zucchini multigrain roll & butter oatmeal ch. chip cookie <i>alt: herb roasted chicken</i>	<b>26</b> <b>BEEF MEATLOAF</b> mashed potatoes California vegetables dinner roll & butter fruit cocktail	<b>27</b> <b>SALISBURY STEAK</b> ground beef patty with mushroom gravy over egg noodles diced carrots applesauce oatmeal butterscotch cookie	<b>28</b> <b>BAKED MAHI MAHI</b> baked fish with spinach cream sauce egg noodles Italian vegetables chocolate pudding <i>alt: baked chicken</i>	<b>29</b> <b>BREAKFAST HASH</b> cheesy egg scramble over roasted potatoes turkey sausage links warm diced pears English muffin & butter

To enroll in Meals on Wheels call 651-318-9091. Beverage choice of milk or juice is served with every meal.

Monthly choice meals are:

- 1) Beef Pot Roast
- 2) Honey Mustard Chicken
- 3) Baked Mahi Mahi
- 4) Peanut Butter Blueberry Oatmeal/Scrambled Eggs