

Monday	Tuesday	Wednesday	Thursday	Friday
3 Meatloaf Mashed Potatoes Gravy Country Trio Veggie Blend Whole Wheat Bread Applesauce	4 Ham & Scalloped Potato Casserole Peas Pineapple Multi-grain Bread Chocolate Pudding	5 Lasagna Carrots Lettuce Greens SalaTossed Lettuce Greens w/Dressing Garlic Breadstick Fruit Jell-O Dessert	6 Chicken a la King WI Blend Vegetables Biscuit Mandarin Oranges Peach Upside Down Cake January Birthdays	7 Loaded Baked Potato w/Diced Chicken Steamed Broccoli Sour Cream Shredded Cheddar Cheese Rye Bread Raisin Cookie
10 Chicken Wild Rice Casserole Garlic Green Beans Sliced Pickled Beets Whole Wheat Bread Apple Cake	11 Beef Tips w/Mushrooms Noodles Carrots 12 Grain Bread Diced Pears Fudgy Black Bean Brownies	12 Oven Baked Rosemary Chicken Baked Sweet Potato Cauliflower Cornbread Grapes	13 BBQ Pork Whole Wheat Hoagie Scalloped Potatoes Coleslaw Diced Peaches Cookie	14 Chili w/Macaroni Crackers Cheddar Cheese Tossed Lettuce Greens Dressing Apple Slices
17 All ADRC-CW Offices Closed for Training	18 Lemon Pepper Fish Tartar Sauce Twice Baked Mashed Potatoes Broccoli Salad Whole Wheat Bread Spice Cake	19 Hamburger on a Bun Steamed Onions Baked Beans Potato Salad Sliced Peaches Pumpkin Chocolate Chip Cake Cabin Fever Picnic Day	20 Chicken Breast Mac & Cheese Brussels Sprouts Whole Wheat Roll Mandarin Oranges Bananas & Vanilla Pudding	21 Beef Vegetable Stew Biscuit Whole Kernel Corn Tossed Lettuce Greens Dressing Cookie
24 Ham on Marble Rye w/ Romaine Leaf Tomato Slice Mustard/Mayo Hearty Bean Soup Crackers Pear Slices Cookie	25 Chicken Broccoli Casserole Pacific Veggie Blend Whole Wheat Bread Grape Juice Strawberries, Raspberries & Yogurt	26 Chicken Breast w/Mushroom & Bacon Sauce Brown & Wild Rice Blend Winter Squash Apple Slices Gingerbread Cake	27 Italian Rigatoni Casserole Green Beans Tossed Lettuce Greens Dressing Garlic Breadstick Beetnik Chocolate Cake National Chocolate Cake Day	28 Seasoned Baked Fish Parsley Buttered Potatoes Tartar Sauce Red Cabbage Rye Bread Banana
31 Spaghetti w/Meat Sauce Tossed Lettuce Greens Dressing Garlic Breadstick Mandarin Oranges Pineapple Cake	All Meals Include: Margarine/Butter/Milk/Coffee/Condiments Coffee not included with Meals on Wheels Menus are subject to change without notice			