

January 2025 Meals on Wheels Menu

		Wednesday 1/1/25	Thursday 1/2/25	Friday 1/3/25
WE VALUE YOUR OPINION!! PLEASE CALL US AT 223-7825 OR 223-7826 WITH YOUR FEEDBACK. WE WOULD LOVE TO HEAR FROM YOU!	NOTE: MEALS SERVED WITH 2% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE	CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	BBQ CHICKEN SWEET POTATO* SAUTEED GREEN BEANS+ BREAD PEARS + HEALTHY HEART SPREAD MILK	BAKED HAM ROAST YAMS* COLLARD GREENS+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK
Monday 1/6/25	Tuesday 1/7/25	Wednesday 1/8/25	Thursday 1/9/25	Friday 1/10/25
CHICKEN CACCIATORE PASTA ITALIAN VEGETABLE BLEND BREAD BANANA+ HEALTHY HEART SPREAD MILK	CHILI MAC 5 WAY VEGETABLE BLEND BREAD MANDARIN ORANGES+ HEALTHY HEART SPREAD MILK	CHICKEN MARSALA MASHED POTATOES PEAS AND CARROTS BREAD FRUIT COCKTAIL+ HEALTHY HEART SPREAD MILK	SWEET AND SOUR CHICKEN RICE ORIENTAL VEGETABLES+ BREAD APPLE SAUCE+ HEALTHY HEART SPREAD MILK	TURKEY PATTY W/CRANBERRY ROAST YAMS GREEN BEANS+ BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 1/13/25	Tuesday 1/14/25	Wednesday 1/15/25	Thursday 1/16/25	Friday 1/17/25
BACON CHEESEBURGER MACARONI 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SLOPPY JOE BAKED BEANS CORN NIBLETS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEATBALL MARINARA SPAGHETTI ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN CORDON BLEU RICE* CORN NIBLETS+ PEAS AND CARROTS BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	BEEF STEW MASHED POTATOES BABY GREEN PEAS BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK
Monday 1/20/25	Tuesday 1/21/25	Wednesday 1/22/25	Thursday 1/23/25	Friday 1/24/25
CLOSED IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY	CHICKEN PARMESAN W/PASTA ITALIAN VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	STUFFED PEPPERS W/TOMATO SAUCE O'BRIEN POTATOES BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	ITALIAN SAUSAGE ONIONS AND PEPPERS O'BRIEN POTATOES HOT DOG ROLL FRUIT CUP+ HEALTHY HEART SPREAD MILK	CHICKEN A' LA KING RICE* 5 WAY VEGETABLE BLEND BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Monday 1/27/25	Tuesday 1/28/25	Wednesday 1/29/25	Thursday 1/30/25	Friday 1/31/25
CHEESEBURGER w/onions O'BRIEN POTATOES SPINACH* BREAD FRESH FRUIT+ HEALTHY HEART SPREAD MILK	SWEDISH MEATBALLS EGG NOODLES* SAUTEED GREEN BEANS+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	MEAT & CHEESE LASAGNA SAUTEED CARROTS & PEAS* FRUIT CUP+ HEALTHY HEART SPREAD BREAD MILK	MEATLOAF MASHED POTATOES CHOPPED SPINACH* BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK	SOUTHERN PULLED PORK BBQ BAKED BEANS SAUTEED COLLARD GREENS*+ BREAD FRUIT CUP+ HEALTHY HEART SPREAD MILK
Meal Pattern Requirement: (Meals provide a minimum of 1/4 RDA).	Meat or alternative = 4oz cooked, edible portion Vegetables and Fruit= 4(1/1) portions	Bread or equivalent = 1 serving Fat = 1 teaspoon	*denotes vitamin A requirement	+denotes vitamin C requirements