



Meals on Wheels menu January 2019

Mon	Tues	Wed	Thur	Fri
	1 Frozen Meals	2 Hamburger on whole wheat bun Lettuce, tomato, onion, mayo, ketchup, mustard Baked Beans Apple Crisp Beverage	3 Oven Baked Chicken with mushroom gravy Yellow Rice English Peas Tossed Salad with dressing Pineapple Tidbits Beverage	4 Lemon Baked Fish with tartar sauce Grits Okra and Tomato Coleslaw Fresh Fruit Beverage
7 Pepper Steak with gravy Assorted Vegetables Broccoli Mashed Potatoes Apple Beverage	8 Chicken and Rice Casserole Sliced Carrots Green Beans Gelatin with Fruit Beverage	9 Beef Sausage with peppers and onions English Peas Rice Tossed Salad with dressing Fresh Orange Beverage	10 BBQ Chicken Black-eyed Peas Collard Greens Corn Muffin with margarine Oatmeal Raisin Cookie Beverage	11 Pot Roast au jus Mashed Potatoes Steamed Broccoli Whole Wheat Roll Fresh Fruit Beverage
14 BBQ Riblet Sandwich on hoagie roll Sweet Peas Potato Wedges Diced Peaches Beverage	15 Chicken Fricasse Pickled Beets Cabbage Brown Rice Fresh Fruit Beverage	16 Spaghetti and Meat sauce Whole Kernel Corn Tossed Salad with Italian salad dressing Cinnamon Baked Apples Beverage	17 Lemon Pepper Fish Stewed Tomatoes Coleslaw Grits with gravy Pound Cake Beverage	18 Oven Baked Chicken with gravy Mustard Greens Yam Patty Yellow Rice Gelatin with Fruit Beverage
21 Beef Stew Rice Chef's Vegetable Choice Oatmeal Creme Cookie Beverage	22 Oven Baked Chicken Pickled Beets Green Beans Yellow Rice Tossed Salad with dressing Diced Peaches Beverage	23 BBQ Pork Chops Cabbage Black-eye Peas Dinner Roll Oatmeal Cream Cookie Beverage	24 Chili with Beans Broccoli Tossed Salad with dressing Corn Muffin Apple Cobbler Beverage	25 Honey Glazed Chicken Roasted Potatoes Vegetable Medley Dinner Roll with margarine Fresh Fruit Beverage
28 Baked Ham Southern Greens Whole and Creamed Corn Whole Wheat Roll Oatmeal Cream Cookie Beverage	29 Smothered Pork Chop Broccoli Winter Squash Mashed Potatoes Fruit Cup Beverage	30 Hamburger on whole wheat bun Lettuce, tomato, onion, mayo, ketchup, mustard Baked Beans Apple Crisp Beverage	31 Oven Baked Chicken with mushroom gravy Yellow Rice English Peas Tossed Salad with dressing Pineapple Tidbits Beverage	

*Menu subject to market availability

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