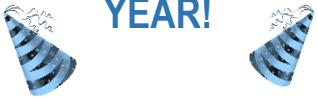




January 2019 Menu



Mon	Tue	Wed	Thu	Fri
<u>MEAT SUBSTITUTE MEAL</u> Grilled Chicken Breast Steamed Carrots Green Beans Mini Yeast Roll Potato Salad Mandarin Oranges	1 CLOSED HAPPY NEW YEAR! 	2 Chicken & Dumplings Peas Carrots Pears Assorted Cookies	3 Chili Con Carne Rice Pilaf Steamed Cauliflower Skillet Cornbread Green Grapes Oatmeal Cookies	4 Grilled Chicken Breast w/ Gravy Corn Brussels Sprouts Applesauce Potato Salad Brownie
7 Smoked Sausages w/ Sauerkraut Red Bliss Potatoes Steamed Broccoli Mini Yeast Roll Fruit Cocktail	8 Meatloaf w/ Tomato Sauce Steamed Carrots Lima Beans Mini Yeast Roll Pineapple Tidbits	9 Turkey Pot Pie Stewed Tomatoes Sautéed Zucchini Pears Peanut Butter Cookies	10 Roast Beef Mashed Potatoes Green Beans Peaches Fruited Gelatin	11 Spaghetti & Meatballs Peas Cauliflower Orange Slices Rice Krispie Treat
14 Pork BBQ w/ Sauce Broccoli & Rice Casserole Tater Tots Bun Coleslaw	15 Steakburger Lima Beans Hot Cinnamon Apples Bun Cantaloupe	16 Teriyaki Chicken over Rice Stir Fried Zucchini & Squash Mixed Corn & Green Beans Peaches Chocolate Cupcake	17 Broccoli Cheese Soup Crackers Chicken Salad Broccoli Salad Pickled Beets	18 Salisbury Steak w/ Gravy Spinach Steamed Cauliflower Mini Yeast Roll Pineapple Tidbits Chocolate Pudding
21 CLOSED MARTIN LUTHER KING, JR. DAY	22 Grilled Chicken Breast Stewed Tomatoes Lima Beans Broccoli Salad Apple Pie	23 Pinto Beans Macaroni & Cheese Turnip Greens Skillet Cornbread Mandarin Oranges	24 Chicken Pot Pie Steamed Cabbage Mashed Sweet Potatoes Red Grapes Red Velvet Cupcake	25 Carved Turkey Breast w/ Dressing & Gravy Steamed Carrots Green Beans Orange Slices Applesauce
28 Scrambled Eggs & Sausage Links Tater Tots Cinnamon Apples Biscuit & Butter Peaches	29 Sliced Ham Vegetable Trio Sweet Potato Casserole Mini Yeast Roll Fresh Pineapple Slices	30 Sloppy Joe Red Bliss Potatoes Steamed Broccoli Bun Coleslaw	31 Sirloin Steak Strips over Rice Stewed Tomatoes Fried Okra Pineapple Tidbits Grapes	<u>VEGETABLE SUBSTITUTE MEAL</u> Pinto Beans Mac & Cheese Green Beans Mini Yeast Roll Potato Salad Mandarin Oranges

2% Milk will be served with all meals. You may order the Meat Plate or Vegetable Plate Substitute Meal option in place of what's offered on the menu.

All substitute meal orders and cancellations must be received by noon, one business day before needed, by calling the Meals on Wheels office at 704-633-0352.

Menu is subject to change without notice.

12.27.18