

January 2021

Meal delivery
cancellations due
by **9:00 a.m.**

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Modified Diet Choices Cardiac Diabetic Diverticulitis Texture Choices Regular Chopped Pureed Milk Choices Skim 2% Chocolate</p>	<p>Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>			<p>Jan 1 CLOSED HAPPY NEW YEAR!!!! Please Use Holiday Meal</p>
<p>Jan 4 Shredded Chicken Seasoned Potato Wedges Bacon Seasoned Mixed Greens Apple Juice Hamburger Bun Chocolate Pudding Cup</p>	<p>Jan 5 Open Face Roast Beef over Wheat Bread with Gravy Mashed Potatoes with Gravy Maple Cinnamon Carrots Mixed Fruit Wheat Bread w/ Marg. Red Velvet Cookie</p>	<p>Jan 6 Pork Fritter with Gravy Scalloped Potatoes Citrus Seasoned Asparagus Dinner Roll with Margarine Blueberries Angle Food Cake</p>	<p>Jan 7 Southwest Cheesy Chicken & Rice Onion Seasoned Green Beans Cauliflower Wheat Bread with Margarine Fresh Banana Lemon Pudding Cup</p>	<p>Jan 8 CHOICE DAY Fish Nuggets or Chicken Nuggets Potato Skins w/ Broc & Cheese Sauce Diced Beets Orange-Pineapple Juice Biscuit with Margarine & Honey Unfrosted Brownie Mayo Packet</p>
<p>Jan 11 Salisbury Steak With Gray Roasted Red Potatoes w/ Cheese & Ba- California Blend Vegetables Wheat Bread with Margarine Grape Juice Ginger Snaps</p>	<p>Jan 12 Ham & Potato Soup Wax Beans with Pimento Warm Peaches Dinner Roll with Margarine Crackers Peanut Butter Cookie</p>	<p>Jan 13 Chef Salad: Lettuce, Chicken, Ham, Green Pepper, Mushrooms, Tomatoes, Cucumber, Peas Dinner Roll with Margarine Apple Streusel Bread Fresh Apple Italian Dressing</p>	<p>Jan 14 CHOICE DAY Beef Stroganoff or Beef & Noodles Buttered Yellow Corn Onion Seasoned Green Beans Fresh Banana Wheat Bread with Margarine Cheesecake with Cherry Topping</p>	<p>Jan 15 CHOICE DAY Homemade Chili or Tomato Soup Tuscany Blend Vegetables Warm Cornbread with Margarine Peaches over Cottage Cheese Crackers</p>
<p>Jan 18 CHOICE DAY Breaded Baked Chicken Breast or Grilled Chicken Breast Red Skin Potatoes with Cheese Scandinavian Blend Vegetables Wheat Bread with Margarine Strawberries over Pound Cake</p>	<p>Jan 19 Glazed Ham Maple Whipped Sweet Potatoes California Blend Vegetables Blushing Pears Wheat Bread with Margarine Choco Chip Cookie Animal Crackers</p>	<p>Jan 20 Oven Roasted Turkey with Gravy Garlic & Rosemary Diced Potatoes Seasoned Green Beans Warm Dinner Roll Blueberries over Angel Food Cake</p>	<p>Jan 21 Meatloaf & Gravy Mashed Potatoes with Gravy Ginger Glazed Carrots Wheat Bread with Margarine Fresh Orange Apple Streusel Bread</p>	<p>Jan 22 Macaroni & Cheese Stewed Tomatoes Buttered Green Peas Dinner Roll with Margarine Apricots Cherry Crisp</p>
<p>Jan 25 Bratwurst in Marinara Sauce with Peppers, Onions, & Mozzarella Tator Tots Winter Blend Vegetables Cinnamon Pears Hot Dog Bun Dble Choc. Chip</p>	<p>Jan 26 Cream Chipped Beef over Biscuit Potato Pancakes Cape Cod Blend Vegetables Peaches Butterscotch Pudding Cup</p>	<p>Jan 27 Seasoned Pulled Pork Bacon & Cheddar Mashed Potatoes Seasoned Green Beans Wheat Bread with Margarine Strawberry Applesauce Pumpkin Bread</p>	<p>Jan 28 Italian Stew Buttered Corn Steamed Broccoli Orange Juice Wheat Bread with Margarine Chocolate Cake with Fudge Icing</p>	<p>Jan 29 CHOICE DAY Salmon Patty or Breaded Chicken Patty Creamed Peas Warm Cinnamon Applesauce Hamburger Bun Mayo Packet Tomato & Cucumber Salad</p>

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one week in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2020 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.

Ingredient information is available on our website—www.mowfc.org