

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

January 2022

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Jan 3 Shredded Chicken Lima Beans Stewed Tomatoes Cranberry Juice Hamburger Bun Tapioca pudding Cup</p>	<p>Jan 4 Rib Patty in BBQ Sauce with Pickle Chips & Onion Tator Tots Mixed Greens Blueberries Hamburger Bun Chocolate Chip Cookie</p>	<p>Jan 5 Baked Steak with Gravy Mashed Potatoes with Gravy Coined Carrots Pineapple in Jell-O Biscuit with Margarine & Apple Butter</p>	<p>Jan 6 Chicken Parmesan with Pasta & Spaghetti Sauce French Green Beans Warm Garlic Biscuit Pears Tossed Salad with French Dressing</p>	<p>Jan 7 Cheesy Broccoli Soup Mixed Vegetables Warm Cornbread with Margarine Peaches over Cottage Cheese Crackers</p>
<p>Jan 10 Sausage Gravy over Biscuit Oven Fried Potatoes Citrus Seasoned Asparagus Strawberry Applesauce Cup Lemon Pudding Cup</p>	<p>Jan 11 Chicken Vegetable Soup Winter Blend Vegetables Warm Dinner Roll with Margarine Crackers Fruit over Yogurt</p>	<p>Jan 12 Pork Fritter with Gravy Scalloped Potatoes Citrus Seasoned Asparagus Dinner Roll with Margarine Blueberries Angel Food Cake</p>	<p>Jan 13 Chef Salad: Lettuce, Chicken, Ham, Green Pepper, Cucumber, Tomatoes Mushrooms, & Peas Fresh Banana Crackers Italian Dressing Cranberry Walnut Bread</p>	<p>Jan 14 Cheese Omelet with Sausage Bites Diced Potatoes Spinach Tropical Fruit Wheat Bread with Margarine Coffee Cake</p>
<p>Jan 17 Chicken Bacon Ranch Pasta Buttered Yellow Corn Baby Carrots Mixed Fruit Wheat Bread with Margarine Peanut Butter Cookie</p>	<p>Jan 18 Reuben Casserole Steamed Broccoli Warm Chunky Applesauce Rye Bread with Margarine Chocolate Chip Muffin</p>	<p>Jan 19 Ham & Bean Soup Warm Pears Warm Cornbread with Margarine Tossed Salad with Italian Dressing Crackers</p>	<p>Jan 20 Breaded Pork with Gravy Mashed Potatoes with Gravy California Blend Vegetables Fresh Orange Wheat Bread with Margarine Vanilla Wafers</p>	<p>Jan 21 Breaded Fish Cheesy Mashed Potatoes Green Beans Fresh Apple Hamburger Bun Lemon Bar</p>
<p>Jan 24 Cheeseburger with Pickle & Onion Molasses Baked Beans Normandy Blend Vegetables Pineapple Tidbits Hamburger Bun Velvet Cake Cookie</p>	<p>Jan 25 No Crust Chicken Pot Pie over Biscuit Sliced Pickled Beets Steamed Cauliflower Mandarin Oranges Banana Cream Pie</p>	<p>Jan 26 Shredded Pork over Sauerkraut German Potato Salad Warm Peaches Rye Bread with Margarine Blueberry Bread</p>	<p>Jan 27 Beef Ravioli Italian Green Beans Warm Country Apples Tossed Salad with Ranch Garlic Biscuit with Margarine Butterscotch Pudding Cup</p>	<p>Jan 28 Macaroni & Cheese Stewed Tomatoes Wax Beans Dinner Roll with Margarine Fruit Cocktail Brownie</p>
<p>Jan 31 Lemon Pepper Chicken over Wild Rice Peas & Pearl Onions Yellow Squash Tropical Fruit Mix Vanilla Wafers</p>			<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>

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