

January 2018

Meals on Wheels Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Meal	2 Chicken Breast Linguine California Mixed Veggies Peaches Dinner Roll Milk	3 Balsamic Turkey Seasoned Potato Wedges Squash Fresh Fruit Milk	4 Pepperoni Pizza Carrots Toss Salad with Ranch Brownie Milk	5 Philly Sandwiches NO CHEESE ONIONS OR PEPPERS Potato Wedges Seasonal Fresh Fruit Milk	6 Deli Ham Sandwich with Lettuce & Tomato Orange Chocolate Chip Cookies Milk
7 No Meal	8 Beef Stew with Buttermilk Biscuit Brussel Sprouts Seasonal Fresh Fruit Chocolate Chip Cookies Milk	9 Paprika Chicken Parsley Noodles Capri Mixed Veggies Pineapple Dinner Roll Milk	10 Chipotle Raspberry Turkey Breast Mashed Potatoes NO GRAVY Beets Peaches Dinner Roll Milk	11 Pot Roast Noodles NO GRAVY Peas Angel Food Cake with Strawberries Milk	12 Lightening Jack Casserole Cauliflower Mandarin Oranges Dinner Roll Milk	13 Roast Beef Sandwich with Lettuce & Tomato Red Apple Sugar Cookies Milk
14 No Meal	15 Basil Chicken Breast Noodles California Mixed Veggies Pears Sugar Cookies Juice Milk	16 Crispy Baked Chicken Baked Potato Cauliflower Dinner Roll Blueberry Pie Juice Milk	17 Broccoli Cheese Soup with Crackers Orange Cider Chicken Orzo Carrots Seasonal Fresh Fruit Dinner Roll Milk	18 Chopped Steak NO GRAVY Mashed Potatoes Capri Mixed Vegetables Peaches Dinner Roll Juice Milk	19 French Dip with Au Jus Hash Brown Casserole Tossed Salad with Ranch Mandarin Oranges Juice Milk	20 Turkey Sandwich with Lettuce & Tomato Green Apple Oatmeal Raisin Cookies Juice Milk
21 No Meal	22 Meat Loaf Baked Potato with Sour Cream Capri Mix Veggies Dinner Roll Cheesecake Juice Milk	23 Chicken on a Bun Fries Baby Carrots Mandarin Oranges Milk	24 Roast Turkey Breast Mashed Potatoes NO GRAVY Toss Salad with Ranch Pears Corn Milk	25 Hamburger on a Bun with Lettuce & Tomato Fries Italian Mix Veggies Fresh Fruit Milk	26 Pub Cod Roasted Red Potatoes Green Beans Dinner Roll Peaches Milk	27 Deli Ham Sandwich with Lettuce & Tomato Pear Halves Chocolate Chip Cookies Milk
28 No Meal	29 Chicken Breast Linguine California Mixed Veggies Peaches Dinner Roll Milk	30 Balsamic Turkey Seasoned Potato Wedges Squash Fresh Fruit Milk	31 Pepperoni Pizza Carrots Toss Salad with Ranch Brownie Milk	Philly Sandwiches NO CHEESE ONIONS OR PEPPERS Potato Wedges Seasonal Fresh Fruit Milk	Deli Ham Sandwich with Lettuce & Tomato Orange Chocolate Chip Cookies Milk	

For meal cancellations, changes, or specific needs call the
Dawson County Health Department at 377-5213