

MEALS ON WHEELS MENU

JANUARY 2023 VEGETARIAN MEALS

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.
 Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

<p>2</p>  <p>Office Closed</p>	<p>3</p> <p>Lasagna Florentine Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>4</p> <p>Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>5</p> <p>Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>6</p> <p>Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins</p>
<p>9</p> <p>Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice</p>	<p>10</p> <p>Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice</p>	<p>11</p> <p>Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice</p>	<p>12</p> <p>Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup</p>	<p>13</p> <p>Plant-Based "Chick'n Nuggets" Warm Rice Salad Diced Sweet Potatoes WG Bread /Margarine Applesauce</p>
<p>16</p>  <p>Office Closed</p>	<p>17</p> <p>Lasagna Florentine Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>18</p> <p>Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin</p>	<p>19</p> <p>Meatless Ground Beef & Pasta Casserole Pinto Beans Steamed Carrots WG Bread Applesauce</p>	<p>20</p> <p>Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins</p>
<p>23</p> <p>Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice</p>	<p>24</p> <p>Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice</p>	<p>25</p> <p>Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice</p>	<p>26</p> <p>Macaroni & Cheese Carrots Green Beans WG Bread Margarine Pineapple Cup</p>	<p>27</p> <p>Plant-Based "Chick'n Nuggets" Warm Rice Salad Diced Sweet Potatoes WG Bread /Margarine Applesauce</p>
<p>30</p> <p>Black Beans with Rice and Corn Parslied Carrots WG Bread Margarine Peach Cup</p>	<p>31</p> <p>Lasagna Florentine Mixed Vegetables WG Bread Margarine Mandarin Oranges Waffle Grahams</p>			<p>14</p> 

All meals served with 1% low-fat white or non-fat chocolate milk. WG = Whole Grain; WW = Whole Wheat