

# MEALS ON WHEELS MENU - JAN 2022

## 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](http://www.mownct.org/cancel-my-meal)

3 Cheese Omelet Breakfast Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice	4 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	5 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	6 Macaroni & Cheese Green Beans Carrots WG Bread/Margarine Pineapple Cup	7 Chick'n Nuggets Warm Rice Salad Sweet Potatoes WG Bread Margarine Applesauce
10 Black Beans & Rice w/ Corn Parslied Carrots WG Bread Margarine Peach Cup	11 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread/Margarine Mandarin Oranges Waffle Grahams	12 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	13 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Bread Applesauce	14 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins
17  Office Closed	18 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice	19 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice	20 Macaroni & Cheese Green Beans Carrots WG Bread/Margarine Pineapple Cup	21 Chick'n Nuggets Warm Rice Salad Sweet Potatoes WG Bread Margarine Applesauce
24 Black Beans & Rice w/ Corn Parslied Carrots WG Bread Margarine Peach Cup	25 Cheese Lasagna with Spinach Alfredo Sauce Mixed Vegetables WG Bread/Margarine Mandarin Oranges Waffle Grahams	26 Bean Burrito w/ Queso Carrots Whole Kernel Corn Mixed Fruit Cup Corn Muffin	27 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Bread Applesauce	28 Macaroni & Cheese Green Beans Carrots WG Roll/Margarine Raisins
31 Cheese Omelet Breakfast PotatoesFruited Granola WG Bread Peanut Butter Orange Juice			1 	8 

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