

MEALS ON WHEELS MENU - JANUARY 2022

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.



Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

CHOICE A	3 Beef Patty w/Pizzaioli Sauce Green Beans WG Bread Pineapples & Mandarin Oranges	4 Twisted Mac n Cheese Pinto Beans Carrots WG Bread Mandarin Oranges	5 Chicken Marsala Butternut Squash Green Beans WG Bread Applesauce	6 Meatloaf with Gravy Skin-on Potatoes Stewed Tomatoes WG Bread Pineapple Juice	7 Chicken Stew Green Beans Apples with Raisins WG Bread Orange-Pineapple Juice
	OR	OR	OR	OR	OR
CHOICE B	3 Western Omelet Potatoes Strawberry Applesauce WG Bread Blended Juice	4 Chicken Garden Casserole Summer Blend Vegetables WG Bread Mandarin Oranges	5 Manicotti Alfredo Italian Vegetables Green Peas WG Bread Applesauce	6 BBQ Pork Riblet Mashed Sweet Potatoes Mixed Vegetables WG Bread Pineapple Juice	7 Black Beans & Rice Corn Carrots WG Bread Orange-Pineapple Juice





CHOICE A	10 Macaroni & Beef Spinach California Blend Vegetables WG Bread Strawberry Applesauce	11 Chili Dog w/WG Bun Corn Baked Beans Orange-Pineapple Juice	12 Diced Chicken Green Beans Yellow Rice w/ Tomatoes & Chives WG Bread Pineapple Cup	13 Batter-Dipped Fish Nuggets Garlic Mashed Potatoes Carrots WG Bread	14 Salisbury Steak w/ Gravy Mixed Vegetables Lima Beans WG Bread
	OR	OR	OR	OR	OR
CHOICE B	10 Honey Mustard Chicken Potatoes Florentine Mixed Vegetables WG Bread Strawberry Applesauce	11 Chicken Parmesan Diced Potatoes Green Beans WG Bread Orange-Pineapple Juice	12 Hamburger Patty Mashed Potatoes Carrots WG Hamburger Bun Ketchup/Mustard Pineapple Cup	13 Meatballs & Pasta Broccoli WG Bread Banana Snack Loaf	14 Chicken w/Gravy Potatoes Brussels Sprout WG Bread

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

CONTINUED ON NEXT PAGE

CHOICE A	17  Office Closed	18 Sesame Chicken Broccoli & Shredded Carrots Cauliflower w/Red Pepper WG Bread/Margarine Pineapple Cup	19 Sliced Turkey w/ Gravy Mashed Potatoes Green Beans WG Bread Apple Juice	20 Chicken w/Thai Ginger Red Curry Sauce Green Beans Carrots WG Bread Blended Juice	21 Three Bean Chili Squash Medley WG Bread Mandarin Oranges
	OR	OR	OR	OR	OR
CHOICE B	17  Office Closed	18 Veal Chop w/ Mustard Sage Sauce Butternut Squash Potatoes WG Bread/Margarine Pineapple Cup	19 Teriyaki Beef Patty Rice Mixed Vegetables WG Bread Apple Juice	20 Cheese Omelet Potatoes Fruited Granola WG Bread Blended Juice	21 Fish Fillet Cheesy Mashed Potatoes Broccoli WG Bread Mandarin Oranges

CHOICE A	24 Sweet & Sour Pork Fried Rice Corn WG Bread	25 Three Cheese Macaroni & Cheese Green Beans WG Bread Pineapple Juice	26 Pork Chop Patty w/ Gravy Sweet Potatoes Brussels Sprouts WG Bread Peach Cup	27 Cavatappi Bolognese Italian Vegetables WG Bread	28 Whole Grain Fish Fillet Cheesy Mashed Potatoes Mixed Vegetables Tartar Sauce WG Bread Pineapple Cup
	OR	OR	OR	OR	OR
CHOICE B	24 Beef Patty w/Gravy Mixed Vegetables Garlic Mashed Potatoes WG Bread	25 Vegetarian Chili Carrots WG Bread Pineapple Juice	26 Turkey & Cheese Lasagna Broccoli, Cauliflower, Bean Medley WG Bread Peach Cup	27 Sweet & Sour Chicken Rice Green Peas WG Bread Pineapple Cup	28 Egg Patty Potatoes & Sausage Gravy Apples WG Bread Orange Juice

CHOICE A	31 Beef Patty w/ Pizzaioli Sauce Green Beans WG Bread Pineapples & Mandarin Oranges			1 	8 
	OR	OR	OR	OR	OR
CHOICE B	31 Western Omelet Potatoes Strawberry Applesauce WG Bread Blended Juice			1 	8 

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