

Meals on Wheels January COVID-19 Menu 2021

Tuesday	Tuesday	Thursday	Thursday	Thursday
1/5/2021 - HOT ● Salisbury Steak w/ Gravy Twice Whipped Potatoes Herbed Green Beans Wheat Bread Chocolate Chip Cookie Milk	1/5/2021 - BREAKFAST ● Toasty O's Cereal Whole Grain Bagel Peanut Butter Cup Fresh Fruit Orange Juice Milk	1/7/2021 - HOT ● Chicken Etouffee Cajun Rice Glazed Carrots Slatine Crackers Fresh Apple Milk	1/7/2021 - FROZEN ● Hamburger on Bun Baked Beans California Vegetables Apple Juice Milk	1/7/2021 - FROZEN ● Baked Chicken w/ Gravy Roasted Sweet Potatoes Green Peas Dinner Roll Orange Juice Milk
1/12/2021- HOT ● Maple Rum Chicken Parsleyed Rice Broccoli Multi Grain Bread Fig Bar Milk	1/12/2021- BREAKFAST ● Flavored Oatmeal Multi Grain Bread Peanut Butter Cup Fresh Fruit Orange Juice Milk	1/14/2021 - HOT ● Turkey Breast w/ Gravy Lima Beans Okra & Tomatoes Corn Muffin/Margarine Strawberry Cereal Bar Milk	1/14/2021 - FROZEN ● Beef w/ Mushroom Gravy Crispy Cubed Potatoes Sliced Carrots Dinner Roll Apple Juice Milk	1/14/2021 - FROZEN ● BBQ Chicken Meatballs Ranch Beans Cauliflower Dinner Roll Orange Juice Milk
MONDAY 1/18/2021 - HOT ● Lemon Caper Chicken Parmesan Penne Pasta Lemon Zest Broccoli Wheat Bread Fresh Apple Milk	MONDAY 1/18 - BREAKFAST ● Fruited Yogurt Multi Grain Bread Oatmeal Cream Cookie Fresh Fruit Grape Juice Milk	1/21/2021 - HOT ● Pork Carnita Soft Taco* Yellow Rice Cheesy Mexican Tomatoes Strawberry Cereal Bar Milk Taco Sauce	1/21/2021 - FROZEN ● Soft Chicken Fajita Taco Pinto Beans Stewed Tomatoes Orange Pineapple Juice Milk	1/21/2021 - FROZEN ● Thai Chili Chicken Green Peas Japanese Vegetables Dinner Roll Fig Bar Milk
1/26/2021 - HOT ● Chicken Broccoli Alfredo Brussels Sprouts Parsleyed Carrots Texas Bread Gingerbread Cookie Milk	1/26/2021 - BREAKFAST ● Flavored Oatmeal Multi Grain Bread Peanut Butter Cup Fresh Fruit Orange Juice Milk	1/28/2021 - HOT ● Country Fried Steak Parsleyed Rice Mixed Vegetables Wheat Bread Cinnamon Crisp Bar Milk	1/28/2021 - FROZEN ● Salisbury Steak w/ Gravy Lima Beans Sliced Carrots Dinner Roll Orange Juice Milk	1/28/2021 - FROZEN ● Baked Chicken Crispy Cubed Potatoes Mixed Vegetables Dinner Roll Fudge Cream Cookie Milk
12/29/2020 - HOT ● Pasta w/ Meatballs Cabbage Parsley Carrots Texas Bread Fudge Cream Cookie Milk	12/29/2020 - BREAKFAST ● Flavored Oatmeal Multi Grain Bread Peanut Butter Cup Fresh Fruit Orange Juice Milk	12/31/2020 - HOT ● Ham & Black-Eyed Peas* Parsley Rice Steamed Cabbage Corn Muffin/Margarine Chocolate Chip Cookie Milk	12/31/2020 - FROZEN ● Beef w/ Onion Gravy Crispy Cubed Potatoes Green Beans Dinner Roll Orange Juice Milk	12/31/2020 - FROZEN ● Baked Chicken Pinto Beans Sliced Carrots Dinner Roll Fig Bar Milk

Note: *contains pork

*** During COVID-19, deliveries will take place only on Tuesdays and Thursdays in order to keep everyone as safe as possible. ***