



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>1/2/2019</u>                      BBQ Chicken Thigh                      Whipped Potatoes                      Collard Greens                      Cornbread                      Banana                      Milk</p>	<p><u>1/3/2019</u>                      Tuna Mac Salad                      Tossed Salad with                      Cucumber &amp; Tomato                      Broccoli Slaw                      Saltines                      Fresh Seasonal Fruit                      Orange Juice                      Ranch Dressing</p>	<p><u>1/4/2019</u>                      Hamburger and Bun                      Hawaiian Baked                      Beans                      Lettuce and                      Tomato Slice                      Fruit Cobbler                      Milk                      Mustard</p>
<p><u>1/7/2019</u>                      Hamburger Steak with                      Pepper Gravy                      Brown Rice                      Cabbage                      Wheat Bread                      Strawberry Applesauce                      Milk                      Margarine</p>	<p><u>1/8/2019</u>                      Chicken Tetrizzini                      Spinach                      Summer Squash and                      Tomato Medley                      Parker House Roll                      Pears                      Orange Juice                      Margarine</p>	<p><u>1/9/2019</u>                      Breaded Pollock                      Butter Beans                      Glazed Carrots                      Wheat Bread                      Mandarin Oranges and                      Pineapple                      Milk                      Tartar Sauce</p>	<p><u>1/10/2019</u>                      Garlic Rosemary                      Chicken Thigh                      Country Potatoes                      Broccoli, Corn &amp;                      Carrots                      Parker House Roll                      Fresh Fruit                      Orange Juice                      Margarine</p>	<p><u>1/11/2019</u>                      Beef Chili Mac                      Whole Kernel Corn                      Green Beans                      Wheat Bread                      Fresh Fruit                      Milk                      Margarine</p>
<p><u>1/14/2019</u>                      Meatloaf with Onion                      Gravy                      Whipped Potatoes                      Peas and Carrots                      Wheat Bread                      Pineapple Tidbits                      Milk                      Margarine</p>	<p><u>1/15/2019</u>                      Chicken Alfredo                      Whole Kernel Corn                      Italian Vegetables                      Dinner Roll                      Peaches                      Orange Juice                      Margarine</p>	<p><u>1/16/2019</u>                      Beef Stew                      Buttered Rice                      Brussels Sprouts                      Tossed Salad with                      Cucumber &amp; Tomato                      Banana                      Milk                      Ranch Dressing</p>	<p><u>1/17/2019</u>                      Chicken Salad                      Garbanzo Bean Salad                      Lettuce and Tomato                      Slice                      Pita Bread                      Fresh Seasonal Fruit                      Orange Juice</p>	<p><u>1/18/2019</u>                      Smothered Chicken                      Thigh                      Black Eyed Peas                      Mixed Greens                      Dinner Roll                      Fresh Fruit                      Milk                      Margarine</p>
<p><u>1/21/2019</u>  </p>	<p><u>1/22/2019</u>                      Beef and Rice                      Casserole                      Creamy Country Corn                      Green Beans                      Parker House Roll                      Fresh Fruit                      Orange Juice                      Margarine</p>	<p><u>1/23/2019</u>                      Sausage and White                      Beans                      Glazed Carrots                      Spinach                      Dinner Roll                      Fresh Fruit                      Milk                      Margarine</p>	<p><u>1/24/2019</u>                      Lemon Pepper Chicken                      Thigh                      Baked Northern Beans                      Stewed Tomatoes                      Wheat Bread                      Cinnamon Apples                      Orange Juice                      Margarine</p>	<p><u>1/25/2019</u>                      Spaghetti Casserole                      Green Peas                      Tossed Salad with                      Cucumber &amp; Tomato                      Wheat Bread                      Fruit Cobbler                      Milk                      Italian Dressing</p>
<p><u>1/28/2019</u>  <u>Meatball Sub</u>                      Zesty Meatballs and                      Bun                      Oven Roasted Potatoes                      Green Beans                      Pineapple Tidbit                      Milk</p>	<p><u>1/29/2019</u>                      Chicken Chili                      Whole Kernel Corn                      Sliced Carrots                      Dinner Roll                      Applesauce                      Orange Juice                      Margarine</p>	<p><u>1/30/2019</u>                      BBQ Chicken Thigh                      Whipped Potatoes                      Collard Greens                      Cornbread                      Banana                      Milk</p>	<p><u>1/31/2019</u>                      Tuna Mac Salad                      Tossed Salad with                      Cucumber &amp; Tomato                      Broccoli Slaw                      Saltines                      Fresh Seasonal Fruit                      Orange Juice                      Ranch Dressing</p>	<p><b>We care about                      you!</b>   <b>Call 807-1257</b>   <b>To suspend or                      resume services</b></p>

Meals on Wheels meals may contain one of more of the following common allergens: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts. Wheat or Soybeans.