

LUNCH MENU

JANUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 MOW & Curbside Closed	5 Happy New Year! Meatloaf 14/ Gravy 4 Original Mashed Potatoes 16 Green Beans, Onions and Bacon 10 Orange 14 Red Velvet Cake 37	6 Autumn Apple Chicken 32 Roasted Sweet Potatoes 17 Three Bean Salad 15 Hawaiian Roll 19	7 Fish Sandwich 18 / Bun 25 Ranch Potatoes 17 Northwest Vegetable Blend 8 Pineapple Coleslaw 15 Tartar Sauce	8 Turkey Swedish Meatballs 13 Mashed Potatoes 16 Peas 9 Molded Cranberry Salad 22 Snickerdoodle Cookie 18
11 Swiss Steak 5 Garlic Mashed Potatoes 17 Braised Cabbage 8 Berry Parfait 27 Wheat Roll 13	12 Pork Chop Suey 19 Brown Rice 15 Green Beans 6 Fresh Pear 23 Hawaiian Roll 19 Fortune Cookie 3	13 Chicken Alfredo 5 Penne 23 Broccoli 6 Sautéed Mushrooms 3 Grapes 8 Bread Stick 14	14 Florentine Ravioli 37 Red Sauce with Meat 13 Normandy Vegetable Blend 4 Spinach/Romaine Salad 4 Peaches 14 Savory Garlic Bread 14	15 Unbreaded Chick. Cordon Bleu 5 Original Mashed Potatoes 16 Roasted Broccoli and Red Peppers 7 Strawberries 24 Pumpkin Mousse 15 Snickerdoodle Cookie 18
18 Potato Crunch Pollock 13 Smashed Potato 19 Broccoli 6 Apricots 17 Petit Pain Roll 25 Tartar Sauce 1pk	19 Herb Chicken 6 Herb Chicken Gravy 7 Apple Cranberry Stuffing 31 Brussels Sprouts 8 Marinated Carrots 9 Michigan Fruit Blend 15	20 Goulash 27 Corn 23 Peaches 14 Pumpnickel Bread 14	21 Chicken Bowl 42 Tossed Salad 3 Fresh Pear 23 Wheat Roll 13	22 Pork Fritter w/ Alfredo Sauce 17 Red Potatoes 20 Roasted Broccoli and Red Peppers 7 Peaches 14 Snickerdoodle Cookie 18
25 Italian Meatballs 7 Red Pasta Sauce 12 Fettuccine Noodles 16 Cauliflower & Carrots 6 Grapes 16 Bread Stick 14	26 Pollock Fillet 19 / Tartar Sauce Baked Potato 18 Broccoli w/ Cheese 4 Berry Parfait 27 Wheat Roll 13	27 Biscuits & Gravy 24 Scrambled Eggs & Peppers 3 Parsley Potatoes 20 Cut Green Beans 6 Ambrosia Salad 31	28 Creamy Chicken 5 Cream Chicken Dressing 11 Roasted Red Potatoes 17 California Blend Veggies 6 Michigan Fruit Blend 15 Almond Lemon Bars 23	29 French Dip 34 Cauliflower, Peppers and Onions 8 Spinach & Romaine Salad 4 /FF French Dressing Strawberries 24

Menus subject to change without notice. HDM Hotline: Call 633-3789 for changes in delivery by 9 am

Reservations are required. Please call. Numbers after each menu item indicate the number of carbohydrates in grams for that item.

Milk (13) is served at each meal.

Meals on Wheels • DINNER MENU



JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 MOW & Curbside Closed	5 Turkey & Provolone 2 Creamy Bacon Dressing 1 Lettuce & Tomato 7 Sub Bun 28 Marinated Carrots 9 Pineapple & Cherries 26	6 Simple Egg Salad 5 Hamburger Bun 25 Cukes 'n Vinegar 8 Pickled Beets 8 Apricots 17 Ultimate Cookie 21	7 Meatloaf 14 Veggie Bread 27 Broccoli Raisin Salad 11 Pear 23	8 Chicken Caesar Salad 11 Caesar Dressing 1 Confetti Bean Salad 16 Banana 27 French Bread Roll 19
11 Cottage Cheese & Veggie Plate 10 Marinated Carrots 9 Fruit Cocktail 16 Streusel Peach Muffin 41 Crackers 10	12 Taco Salad 5 Taco Chips 17 Salsa 7 Peaches 21 Ultimate Cookie 21	13 Pork <1 / Mustard Savory Garlic Bread 28 Lettuce, Tomato & Onion 8 Navy Bean Salad 17 Sliced Apples 14 Pineapple Delight 15	14 Chef Salad 13 French Dressing Banana 27 Clementine 9 Double Chocolate Chip Muffin 33	15 Tuna Pasta Salad 27 Marinated California Blend 6 Grapes 8 Petit Pain Roll 25
18 New Egg Salad 6 Hamburger Bun 25 Marinated California Veggie Blend 6 Apple 21	19 Chef Salad 11 Peas & Peanut Salad 10 Ambrosia Salad 31 Hawaiian Roll 19	20 Crispy Oven Chicken 9 Spinach/ Romaine/ Leaf Salad 1 Macaroni Salad 23 Orange 14 Tapioca Pudding 27	21 Sub Sandwich 31 Lettuce, Tomato & Onion 8 Navy Bean Salad 17 Fresh Peach 15 Salad Dressing	22 Ground Turkey Salad 6 Flat Bread 24 Carrot & Celery Sticks 3 / Ranch Dip 5 Sliced Apples 14 Molded Cranberry Salad 22
25 Ham, Turkey & Cheese 3 Flat Bread 24 / Salad Dressing Grape Tomatoes 6 Three Bean Salad 15 Apples Slices & Peanut Butter 11	26 Mexican Chicken Salad 18 Wheat Crackers 16 Romaine & Leaf Tossed Salad 1 Mandarin Oranges & Cranberries 25	27 Turkey & Provolone 3 Lettuce & Tomato 7 Flat Bread 24 / Salad Dressing Cukes 'n Vinegar 8 Pears 14 Carnival Cookie 18	28 Boiled Egg 2 / Salad Dressing Navy Bean Salad 17 Molded Applesauce Salad 22 French Bread Roll 19 Pumpkin Bars 28	29 Charcuterie Plate -Turkey 0 -Cheese 0 & Crackers 18 -Grapes 8 Italian Pasta Salad 27 Orange 14

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