

# Meals on Wheels • DINNER MENU



JANUARY 2021

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

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.