

LUNCH MENU • JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheesy Chicken 9 Roasted Sweet Potatoes 18 Broccoli 6 Pineapple Tidbits 13 Petit Pain Roll 25	4 Beef Stew 20 Bread Pudding 45 Cucumber Salad 6 Grapes 8 Wheat Crackers 11	5 Baked Cod 4 / Tartar Sauce Roasted Red Potatoes 24 Spinach 5 Strawberries & Blueberries 9 Petit Pain Roll 25 Almond Lemon Bar 23	6 Roast Pork / Gravy 3 Mashed Potatoes 16 Cut Green Beans 6 Hot Cinnamon Applesauce 13 Marinated Carrots 9 Wheat Roll 13	7 Baked Spaghetti 26 California Blend Veggies 6 Pears 14 Bread Stick 14
10 Turkey Pot Roast 5 Mashed Potatoes 16 Roasted Butternut Squash 16 Canned Prunes 23 Wheat Roll 13	11 Chicken Fajita 9 Spanish Rice 16 Caramel Apple Crumble 30 Romaine & Leaf Tossed Salad 1 Tortilla 20	12 Grilled Stuffed Salmon 20 Garlic Mashed Potatoes 17 Broccoli 6 Apple 22 Cranberry Walnut Bread 15	13 Veal Parmesan w/ Penne 41 Red Pasta Sauce 12 California Blend Veggies 6 Peaches 14 Bread Stick 14	14 Ham Scalloped Potatoes 14 Whole Green Beans 6 Banana 27 Wheat Roll 13 Pumpkin Mousse 21
17 Crispy Chicken 13 Mashed Potatoes 16 Gravy 3 Broccoli 6 Strawberries 24 Wheat Roll 13	18 Fish Tenders 19 Roasted Red Potatoes 24 Water Chestnut Spinach 11 Apricots 17 Petit Pain Roll 25	19 Chicken Pot Pie 39 Tossed Salad 3 Molded Cranberry Salad 34 Bread Stick 14	20 Pork Marsala 4 Rotini 21 Whole Green Beans 6 Orange 1 4 Craisin Rice Pudding 37	21 Spaghetti Noodles 19 Meat sauce for Spaghetti 10 Peas & Carrots 12 Grapes 8 Pumppernickel Bread 14 Snickerdoodle Cookie 18
24 Chili w/ Beans 25 Sweet Potato Cornbread 21 Cucumber Salad 6 Peaches 14	25 Meatloaf 14 / Gravy 4 Original Mashed Potatoes 16 Cut Green Beans 6 Mandarin Oranges & Cranberries 2 Wheat Roll 13	26 Fish Sandwich 18 / Bun 25 Ranch Potatoes 17 California Blend Veggies 6 Pineapple Coleslaw 15 Tartar Sauce	27 Autumn Apple Chicken 32 Roasted Sweet Potatoes 18 Three Bean Salad 15 Multi-Grain Swirl Bread 23	28 Turkey Swedish Meatballs / Gravy 13 Mashed Potatoes 16 Peas 9 Molded Cranberry Salad 34 Wheat Roll 13

All meals served at 11:30 am at the Activity & Dining Centers. To reserve a lunch by 9 am call the Center you will attend: Sanford: (989) 687-7888 • Coleman: (989) 465-6216 • Trailside: (989) 633-3790 • Mills: (989) 633-3788 • Greendale: (989) 832-8683. Meals on Wheels Hotline: Call 989-633-3789 for changes in delivery by 9 am. Reservations are required. Menus subject to change without notice. Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served with each meal.

Meals on Wheels MENU • JANUARY 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cottage Cheese & Veggie Plate 10 Three Bean Salad 15 Apricots 17 Streusel Peach Muffin 41	4 Ham / Turkey / Cheese/ Sub 31 Lett, Tom & Onion 8 Marinated Cauliflower Salad 3 Molded Orange Salad 20 Gingerbread Cookie 15	5 Simple Egg Salad 5 Hamburger Bun 25 Tossed Salad 3 Pickled Beets 8 Orange 14	6 Tuna Apple Salad 10 Grapes 8 Peaches 14 Wheat Crackers 16 Raisin Walnut Honey Bran Cookie 24	7 Roast Pork Cranberry Walnut Bread 29 Cukes 'n Vinegar 8 Brown Rice Salad 18 Banana 27
10 Tuna Salad 9 Petit Pain Roll 25 Apricots 17 Apple 22	11 Cottage Cheese & Fruit Plate 37 Peas & Peanut Salad 16 Vanishing Oatmeal Cookie 23 Crackers 10	12 Turkey & Provolone 2 Hamburger Bun 25 Lettuce & Tomato 7 Fruited Gelatin 28 Pistachio Fluff 32	13 Almond Lemon Chicken 5 Brown Rice Salad 18 Fresh Pear 23 Wheat Crackers 16	14 Chicken & Bean Salad 21 Marinated California Blend 6 Strawberry Parfait 30 Double Chocolate Cookie 18
17 Ham & Cheese 3 Sub Bun 28 / Salad Dressing Lett , Tom & Onion 6 Marinated Carrots 9 Canned Prunes 23	18 Chicken Pasta Salad 26 Three Bean Salad 15 Fruit Cocktail 16 Multi-Grain Swirl Bread 23	19 Tuna Pasta Salad 27 Peas & Peanut Salad 10 Blueberry Parfait 35 Chocolate Chip Cookie 18	20 Crispy Oven Chicken 13 Hamburger Bun 25 Lettuce, Tomato, Onion 8 Fresh Potato Salad 16 Pears 14	21 Egg Tossed Salad 11 FF French Dressing Red Beans & Pasta Salad 23 Banana 27 Wheat Roll 13
24 Chicken Waldorf Salad 9 Marinated California Veggies 6 Pear 23 Cranberry Walnut Bread 29	25 Turkey / Provolone 2 Creamy Bacon Dressing 1 Lettuce & Tomato 7 Sub Bun 28 Carrot & Raisin Salad 15 Apple 22	26 Egg Tossed Salad 11 FF French Dressing Confetti Bean Salad 16 Strawberries 24 Petit Pain Roll 25	27 Meatloaf 14 Rye Bread 29 Broccoli Raisin Salad 11 Orange 14	28 Chicken Caesar Salad 11 Caesar Dressing 1 Marinated Carrots 9 Banana 27 Naan Bread 20

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