





HOT MENU • JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 MERRY CHRISTMAS! ALL CENTERS CLOSED 	26 ALL CENTERS CLOSED 	27 Goulash** Corn** Hot Cinnamon Applesauce* Savory Garlic Bread* Oyster Crackers	28 French Dip** Ranch Potatoes** Cucumber & Tomato Salad Golden Delicious Apple*	29 Crispy Fish Fillet* Macaroni & Cheese* Peas & Carrots* 2 Clementine* French Bread Roll*
1 HAPPY NEW YEAR! ALL CENTERS CLOSED	2 ALL CENTERS CLOSED	3 Meatloaf * Mashed Potatoes* Meat Loaf Gravy Roasted Brussel Sprouts* Peaches* French Bread Roll*	4 Chicken Parmesan* Spaghetti Noodles* Broccoli Red Grapes*	5 Pork Fritter* Parsley Potatoes* Stewed Apples* Cucumbers n' Vinegar Wheat Roll*
8 Beef Stew** Peas & Peanut Salad* 2 Clementine* Rye Bread* Oyster Crackers	9 Individual Pizza** Cucumber & Tomato Salad Fresh Plum* Raisins**	10 Beef Stroganoff Rotini* Red Cabbage* Kiwi* Cranberry Bran Muffin**	11 Fish Tenders* Smashed Potatoes* Dilled Carrots* Fruit Cocktail*	12 Orange Chicken*** Brown Rice** Asparagus Red Delicious Apple* Fortune Cookie
15 MLK Day Chili with Beans** Kiwi* Oyster Crackers Corn Muffin**	16 Sweet Honey Chicken Tenders** Homestyle Mac & Cheese* Dilled Carrots Strawberries**	17 Marry Me Chicken Rotini* Green Beans w/ Onion & Bacon* 2 Clementine* Savory Garlic Bread*	18 Hot Turkey Sandwich Cranberry Walnut Bread* Mashed Potatoes** Poultry Gravy Three Bean Salad* Peach Crisp**	19 Grilled Stuffed Salmon* Parsley Potatoes* Roasted Brussel Sprouts* 2 Clementine* Wheat Roll*
22 Swiss Steak Mashed Potatoes* Braised Cabbage Strawberries & Blueberries* Sweet Orange Bread**	23 Chicken Cordon Bleu* Premade Alfredo Sauce Baked Potato* Peas & Carrots* Molded Cranberry Salad**	24 Goulash** Corn** Hot Cinnamon Applesauce* Savory Garlic Bread* Oyster Crackers	25 French Dip** Ranch Potatoes** Cucumber & Tomato Salad Golden Delicious Apple*	26 Crispy Fish Fillet* Macaroni & Cheese* Peas & Carrots* 2 Clementine* French Bread Roll*
29 Chicken Pot Pie** Strawberries & Blueberries* Naan Flatbread*	30 Stuffed Pepper w/Spaghetti Sauce* Roasted Red Potatoes** Baby Carrots Kiwi* and Wheat Roll*	31 Meatloaf * & Meat Loaf Gravy Mashed Potatoes* Roasted Brussel Sprouts* Peaches* French Bread Roll*	1 FEBRUARY Chicken Parmesan* Spaghetti Noodles* Broccoli Red Grapes*	2 Pork Fritter* Parsley Potatoes* Stewed Apples* Cucumbers n' Vinegar Wheat Roll*

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) 282-1622 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.

* = 15 gm carbohydrate. If there is no (*) by an item, there are little-no carbohydrates in that food item. Milk* is served with each meal.



COLD MENU (MOW Clients) • JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
25 MERRY CHRISTMAS! ALL CENTERS CLOSED 	26 ALL CENTERS CLOSED 	27 Taco Salad Salsa Peaches* Taco Chips** Tapioca Pudding**	28 Egg Salad Red Beans & Pasta Salad** Peach & Pear Delight*** Wheat Roll*	29 Chicken Pasta Salad** Pickled Beets 2 Clementine* Wheat Sweet Yeast Roll*
1 HAPPY NEW YEAR! ALL CENTERS CLOSED	2 ALL CENTERS CLOSED	3 Almond Lemon Chicken Peas & Peanut Salad* Raisins** Hawaiian Roll*	4 Tuna Pasta Salad** Confetti Bean Salad* Chunky Applesauce* Naan Flatbread*	5 Meatloaf* Pickled Beets Banana** Rye Bread**
8 Crispy Oven Chicken Colby Jack Cheese Slice Hamburger Bun** Red Beans & Pasta Salad** 2 Clementine*	9 Tuna Pasta Salad** Cukes 'n Cream Golden Delicious Apple* Confetti Filled Cookie**	10 Pork & Provolone Sandwich** Navy Bean Salad* Kiwi*	11 Cranberry Pecan Chicken Salad* Peas & Peanut Salad* Strawberries & Blueberries* Hawaiian Roll* Oreo Fluff**	12 Egg Salad Peas & Cheese Salad* Banana** French Bread Roll*
15 MLK Day Turkey & Cheese Hamburger Bun** Red Beans & Pasta Salad** Mandarin Oranges* Pumpkin Muffin**	16 Chicken Waldorf Salad Greek Pasta Salad* Fresh Pear* Rye Bread*	17 2 Boiled Eggs Peas & Cheese Salad* Fruit Cocktail* Double Chocolate Muffin**	18 Mexican Chicken Salad Molded Applesauce Salad* Corn Salad* Salsa Taco Chips**	19 Chicken & Bean Salad** Broccoli & Raisin Salad* Banana** Cranberry Bran Muffin**
22 2.5z Dinner Ham Colby Jack Cheese Slice Three Bean Salad Strawberries & Blueberries* Cranberry Walnut Bread	23 Tuna Salad Fresh Plum* Raisins** Corn Salad French Bread Roll	24 Taco Salad Salsa Peaches* Taco Chips** Tapioca Pudding**	25 Egg Salad Red Beans & Pasta Salad** Peach & Pear Delight*** Wheat Roll*	26 Chicken Pasta Salad** Pickled Beets 2 Clementine* Wheat Sweet Yeast Roll*
29 Cottage Cheese & Veggies* Navy Bean Salad* 2 Clementine* Cranberry Bran Muffin**	30 Turkey & Provolone Hamburger Bun** Trail Mix Salad** Kiwi*	31 Almond Lemon Chicken Peas & Peanut Salad* Raisins** Hawaiian Roll*	1 FEBRUARY Tuna Pasta Salad** Confetti Bean Salad* Chunky Applesauce* Naan Flatbread*	2 Meatloaf* Pickled Beets Banana** Rye Bread**

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