

CENTER HOT MENU • JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Beef Stew* Biscuit* Peas & Peanut Salad* Clementine* Oyster Crackers*	7 Turkey Ham Scalloped Potatoes* Broccoli Berry Crisp*** Raisins**	8 Chicken Parmesan over Spaghetti Winter Blend Vegetables Red Grapes	9 Fish Tenders* Smashed Baked Potato** Dilled Carrots* Fruit Cocktail*	10 Beef Stroganoff over Rotini* French Green Beans Kiwi* Prune Juice*
13 Sweet Honey Chicken Tenders** Homestyle Mac & Cheese* Dilled Carrots* Strawberries**	14 Stuffed Salmon w/Alfredo Sauce* Parsley Potatoes* Roasted Brussels Sprouts Clementine* Wheat Sweet Yeast Roll**	15 Chili w/Beans** Oyster Crackers* Corn Muffin** Kiwi*	16 Hot Turkey Sandwich Cranberry Walnut Bread* Mashed Potatoes* w/Gravy Three Bean Salad* Peach Crisp**	17 Cheese Ravioli*** Cut Green Beans-onion-bacon* Savory Garlic Bread* Clementine*
20 Swiss Steak Mashed Potatoes* Braised Cabbage* Fresh Pear** Sweet Orange Bread**	21 Chicken Cordon Bleu w/Alfredo Sauce Baked Potato Peas & Carrots Fruited Gelatin	22 Goulash Corn Hot Cinnamon Applesauce Savory Garlic Bread Oyster Crackers	23 French Dip*** Ranch Potatoes* Cucumber & Tomato Salad Red Delicious Apple*	24 Crispy Pollock Fillet* Macaroni & Cheese* Broccoli Apricots* French Bread Roll*
27 Chicken Pot Pie*** Biscuit* Strawberries & Blueberries*	28 Meatloaf* Mashed Potatoes* w/Gravy Brussels Sprouts* Peaches* French Bread Roll*	29 Stuffed Green Pepper w/Spaghetti Sauce* Roasted Red Potatoes** Baby Carrots Kiwi* Savory Garlic Bread*	30 Sweet & Sour Chicken** Brown Rice** Broccoli Red Delicious Apple* Fortune Cookie	31 Pork Fritter with Alfredo* Parsley Potatoes* Stewed Apples* Cucumbers and Vinegar Wheat Sweet Yeast 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.



SENIOR SERVICES
www.SeniorServicesMidland.org
989-633-3700

Meals on Wheels Cold MENU • JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Pork Sandwich on Bun** Navy Bean Salad* Kiwi*	7 Tuna Pasta Salad** Cucumbers 'n Cream* Red Delicious Apple* Oatmeal Raisin Cookie*	8 Crispy Oven Chicken* Colby Jack Cheese Slice Hamburger Bun** Red Beans & Pasta Salad** Clementine*	9 Cranberry Pecan Chicken Salad* Broccoli Citrus Salad* Strawberries & Blueberries* Hawaiian Roll* Banana Chocolate Chip Muffin***	10 Egg Salad Peas & Cheese Salad* Banana** French Bread Roll*
13 Turkey & Cheese Savory Garlic Bread (2 slices)** Red Beans & Pasta Salad** Mandarin Oranges* Pumpkin Muffin**	14 Chicken Waldorf Salad Greek Pasta Salad* Fresh Pear** Rye Bread*	15 Boiled Eggs Peas & Cheese Salad* Fruit Cocktail* Double Chocolate Muffin**	16 Mexican Chicken Salad* Applesauce Salad** Corn Salad* Salsa Tortilla Chips*	17 Chicken & Bean Salad** Broccoli Raisin Salad* Banana** Cranberry Bran Muffin***
20 Deli Ham Provolone Cheese Slice Three Bean Salad* Strawberries & Blueberries* Cranberry Walnut Bread**	21 Tuna Salad Corn Salad* Fresh Plum* Raisins** French Bread Roll*	22 Taco Salad Salsa Tortilla Chips* Kiwi* Tapioca Pudding**	23 Egg Salad Red Beans & Pasta Salad** Peach & Pear Delight**** Hawaiian Roll*	24 Chicken Pasta Salad** Beets* Clementine* Wheat Sweet Yeast Roll**
27 Cottage Cheese & Fruit* Navy Bean Salad* Clementine* Cranberry Bran Muffin***	28 Turkey Sandwich on Bun*** Trail Mix Salad** Kiwi*	29 Almond Lemon Chicken Peas & Peanut Salad* Raisins** Hawaiian Roll*	30 Meatloaf* Rye Bread (2 slices)** Beets* Banana**	31 Tuna Pasta Salad** Confetti Bean Salad* Chunky Applesauce* Hawaiian Roll*

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