





MEALS ON WHEELS MENU - JANUARY 2021

NOT GOING TO BE HOME? NOTIFY 48 HOURS IN ADVANCE.

Call or Text 888.869.6325 Online www.mownct.org/cancel-my-meal

CHOICE A	AniMeals Delivery Saturday, Jan 9				1
					
	OR	OR	OR	OR	OR
CHOICE B	AniMeals Delivery Saturday, Jan 9				1
					

CHOICE A	4 Meatloaf with White Pepper Gravy Mashed Potatoes Mixed Greens WW Bread Blended Juice	5 Sliced Turkey w/ CranRaspberry Diced Sweet Potatoes Corn w/ Red Pepper WG Bread /Margarine Oatmeal Raisin Cookie	6 Pasta Bolognese Italian Vegetables WW Dinner Roll Margarine Pineapple Juice	7 NY Steak Patty Garlic Mashed Potatoes Squash & Green Beans WG Bread Margarine Applesauce	8 Thai Ginger Curry Chicken Carrots Flat Beans WG Bread Graham Crackers Blended Juice
	OR	OR	OR	OR	OR
CHOICE B	4 Chicken Garden Casserole Summer Vegetables WW Bread Margarine Blended Juice	5 Egg Skillet w/ Potatoes, Peppers, Onion, Mushrooms, Tomatoes, & Cheese Cranberry Apples WG Bread/Margarine Oatmeal Raisin Cookie	6 Baked Chicken Fiesta Rice Mexicali Corn WW Dinner Roll Margarine Pineapple Juice	7 Sliced Turkey w/ Country Pepper Gravy Mashed Potatoes Green Bean Almondine WG Bread/Margarine Applesauce	8 Sliced Roast Beef w/ Gravy Spring Peas Crinkle Cut Carrots WG Bread Margarine Blended Juice

All meals served with 1% low-fat white or non-fat chocolate milk. Vegetarian meals available upon request.
WG = Whole Grain; WW = Whole Wheat

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CHOICE A	11 Meatballs & Penne Pasta in Marinara Broccoli Italian Vegetable Blend White Bread Applesauce	12 Egg Patty in Country Pepper Gravy w/ Diced Potatoes & Turkey Sausage Maple-Pecan Cinnamon Apples WG Bread Orange Juice	13 Chili Dog w/ Bun Baked Beans Corn Pineapple Cup	14 BBQ Pork Riblet Lemon Spinach Mashed Sweet Potatoes WG Bread Margarine Apple Juice	15 Rib Beef Patty w/ Spanish Sauce Cilantro Tomatoes Garden Peas WG Bread Margarine Craisins
	OR	OR	OR	OR	OR
CHOICE B	11 Honey Mustard Chicken Potato Wedges Cheesy Broccoli White Bread Margarine Applesauce	12 Chargrilled Beef Patty in Pizzaioli Sauce Green Beans WG Bread Pineapple-Mandarin Oranges Orange Juice	13 Batter-Dipped Crispy Fish Nuggets Carrots Garlic Mashed Potatoes WG Bread Pineapple Cup	14 Sweet & Sour Chicken Steamed Rice Ginger Peas WG Bread Margarine Apple Juice	15 Eggplant Parmesan Italian-Style Garbanzo Beans WG Bread Margarine Craisins

CHOICE A	18 Sliced Turkey w/ Gravy Cornbread Dressing Butternut Squash Flat Beans White Bread Margarine Orange Juice	19 WG Southern-Style Pollock Nuggets Carrots Cheesy Country Potatoes WG Bread Tartar Sauce Applesauce	20 Beef Patty w/ Gravy Mashed Potatoes Rutabaga with Red Pepper WG Bread Margarine Mandarin Oranges	21 Hamburger Patty Au Jus on Bun Mashed Potatoes Carrots Ketchup/Mustard Orange-Pineapple Juice	22 Breaded Chicken with Gravy Turnip Greens Diced Sweet Potatoes WG Bread Chunky Applesauce
	OR	OR	OR	OR	OR
CHOICE B	18 Meatloaf with Apple Brown Gravy Skin-on Potatoes Stewed Tomatoes White Bread Margarine	19 Three Bean Chili Con Carne Squash Medley WG Bread Applesauce	20 Sesame Chicken Broccoli & Carrots Cauliflower with Red Pepper WG Bread Margarine Mandarin Oranges Wheat Crackers	21 Manicotti Alfredo Seasoned Peas Italian Vegetable Medley WG Bread Orange-Pineapple Juice	22 Mac & Cheese with Chicken Chorizo Pinto Beans Carrots WG Bread Chunky Applesauce

CHOICE A	25 Cheese Omelet Roasted Parsley Potatoes Fruited Granola WG Bread Margarine Blended Juice	26 Chicken Marsala Diced Butternut Squash Green Beans WW Dinner Roll Margarine Orange-Pineapple Juice	27 Pork Chop Patty w/ Gravy Sweet Potatoes Brussels Sprouts WW Bread Applesauce	28 Macaroni & Beef Casserole Spinach California Blend Vegetables WW Dinner Roll Raisins	29 Vegetarian Chili Pinto Beans Carrots White Bread Margarine Pineapple Cup
	OR	OR	OR	OR	OR
CHOICE B	25 NY Strip Patty in Picadillo Sauce Green Peas Diced Sweet Potatoes WG Bread Margarine Blended Juice	26 Lasagna Florentine Squash Medley WW Dinner Roll Margarine Wheat Crackers Orange-Pineapple Juice	27 Chicken Stew Green Beans WW Bread Baked Apples w/ Raisins Applesauce	28 Grilled Veal in Mustard Sage Sauce Diced Potatoes Maple Butternut Squash WW Dinner Roll Raisins	29 Beef Teriyaki Steamed Rice Mushroom, Onion, Green Pepper Medley White Bread Margarine Pineapple Cup

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