

MEALS ON WHEELS MENU - JANUARY 2021

VEGETARIAN MEALS

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

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

<p>AniMeals Delivery Saturday, Jan 9</p> 				<p>1</p> 
<p>4 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice</p>	<p>5 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice</p>	<p>6 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice</p>	<p>7 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup</p>	<p>8 Chick'n Nuggets Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>11 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Margarine Peach Cup</p>	<p>12 Eggplant Parmesan Garbanzo Beans WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>13 Bean Burrito w/ Queso Carrots Parslied Corn Mixed Fruit Cup Corn Muffin</p>	<p>14 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce</p>	<p>15 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Roll Margarine Raisins</p>
<p>18 Cheese Omelet Roasted Potatoes Fruited Granola WG Bread Peanut Butter Orange Juice</p>	<p>19 Manicotti Alfredo Seasoned Peas Italian Vegetables WG Bread Grape Juice</p>	<p>20 Vegetarian Chili Pinto & Carrot Blend Corn Muffin Margarine Apple Juice</p>	<p>21 Macaroni & Cheese Seasoned Carrot Cuts Green Peas WG Bread/Margarine Pineapple Cup</p>	<p>22 Chick'n Nuggets Warm Rice Salad Diced Sweet Potatoes WG Bread Margarine Applesauce</p>
<p>25 Black Beans & Rice w/ Corn & Red Pepper Carrots WG Bread Margarine Peach Cup</p>	<p>26 Eggplant Parmesan Garbanzo Beans WG Bread Margarine Mandarin Oranges Waffle Grahams</p>	<p>27 Bean Burrito w/ Queso Carrots Parslied Corn Mixed Fruit Cup Corn Muffin</p>	<p>28 Country Egg Skillet w/Potatoes, Tomatoes, Peppers, Mushrooms, Onion, and Cheese Spiced Peaches WG Bread/Margarine Applesauce</p>	<p>29 Meatless Ground Beef & Pasta Casserole Pinto Beans Carrots WG Roll Margarine Raisins</p>

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