
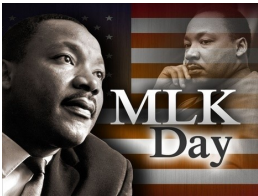





JANUARY 2018 MENU



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <p>Center Closed - No Meals on Wheels</p>  | <p>2 Salisbury Steak Potatoes & Gravy Mixed Vegetables Roll Pear</p> | <p>3 Beef Stew Baby Carrots Cornbread Mandarin Oranges</p> | <p>4 Parmesan Cod Couscous Scandinavian Veggies Roll Corn Salad</p> | <p>5 Pork Tenderloin Roasted Sweet Potatoes Peas Roll Green Salad</p> |
| <p>8 Stuffed Green Pepper Polenta Capri Vegetables Roll Cookie</p> | <p>9 Chicken Caesar Salad Croutons Three Bean Salad Yogurt Pineapple</p> | <p>10 Stuffed Sole Rice Pilaf Brussels Sprouts Roll Carrot Slaw Peaches</p> | <p>11 Turkey and Gravy Stuffing Sweet Potatoes Peas Gingerbread</p> | <p>12 Cabbage Roll Potatoes O'Brian Roll Applesauce</p> |
| <p>Center closed. No Meals on Wheels</p>  | <p>16 Meatballs w/Gravy Mashed Potatoes Peas & Carrots Roll Apple</p> | <p>17 Chicken Stir Fry Yakisoba Noodles Egg Roll Green Beans Orange Salad Fortune Cookie</p> | <p>18 Kielbasa on a Bun Spinach & Tomatoes Roasted Potatoes Cottage Cheese Granola</p> | <p>19 Chili Mixed Vegetables Cornbread Mixed Green Salad Apricots</p> |
| <p>22 Stuffed Pasta Shells Spinach Zucchini Cookie</p> | <p>23 Hawaiian Pizza Cauliflower Beets Romaine Salad Apple Pie</p> | <p>24 Hamburger on a Bun Baked Beans Roasted Potatoes Lettuce & Tomato Coleslaw</p> | <p>25 Tuna Noodle Casserole Corn Spiced Apples Pudding</p> | <p>26 Chicken Cacciatore Polenta Broccoli Garlic Bread Fruit Cocktail</p> |
| <p>29 Beef Stroganoff Egg Noodles Broccoli Normandy Roll Snack Bar</p> | <p>30 Chicken Pot Pie Corn Spiced Quinoa and Sweet Potatoes Applesauce & Raspberries</p> | <p>31 Chicken Sandwich Cottage Cheese Pineapple Crackers *Birthday Cake from Tanner Springs @ MCC</p> |  | |