

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No Meals Served 	3 Chicken and Noodles over Mashed Potatoes Monaco Veggie Blend Diced Peaches WW Dinner Roll	4 Taco Salad with Fritos Lettuce, Tomatoes, Cheese, Refried Beans Diced Pears Oatmeal Raisin Cookies Salsa, Sour Cream SF Ranger Cookies	5 Cheesy Ham and Potato Bake Sweet Peas Tropical Delight Pumpnickel Roll	6 Sliced Meatloaf with Gravy Tiny Whole Potatoes Old Fashioned Green Beans Apricots Garlic Cheese Biscuit
9 Hearty Beef Stew Buttered Lima Beans Fruit Cup Biscuit Chocolate Pudding SF Chocolate Pudding	10 Pork Fritter on a Bun Roasted Red Potatoes California Mix Veggies Rosy Applesauce Ketchup, Mayo Pickles	11 Chicken Alfredo Steamed Broccoli Pineapple Chunks Breadstick	12 Country Fried Steak Mashed Potatoes and Country Gravy Mixed Vegetables Mandarin Oranges Yeast Dinner Roll	13 Cream of Broccoli Soup Sliced Cheese Fresh Grapes Salad Wafers Chocolate Chip Cookies SF Choc. Chip Cookies
16 Salisbury Steak Mashed Potatoes and Gravy Corn Apricots Garlic Cheese Biscuit	17 Chili with Crackers Baby Whole Carrots Applesauce Cinnamon Roll	18 Sliced Ham topped with Cherry Sauce Sweet Potatoes Buttered Peas Diced Pears WW Dinner Roll	19 Manwich Potato Wedges Green Beans Fresh Gala Apple Ginger Cookies	20 Chicken Savoyard Wild and White Rice Breaded Tomatoes Diced Peaches
23 Smothered Beef Burrito Refried Beans Spanish Rice Mandarin Oranges Salsa	24 Homemade Chicken Salad on a bed of Mixed Greens Fresh Pear Salad Wafers Peanut Butter Cookies SF Ranger Cookies	25 Open-Faced Roast Beef Sandwich Mashed Potatoes with Gravy Steamed Broccoli Fruit Cup	26 Pork Marsala over Long Grain Rice Buttered Spinach Spiced Apple Rings WW Dinner Roll	27 Penne Pasta with Meat Sauce Italian Veggie Mix Pineapple Chunks Breadstick Parmesan Cheese
30 Swedish Meatballs over Ribbon Noodles Capri Mix Veggies Tropical Fruit Mix WW Dinner Roll	31 Ham and Potato Soup Fresh Baby Whole Carrots with Ranch Dressing Warm Cinnamon Apples Cornbread	<h1>January 2012</h1> 		

Meals on Wheels of SN and JF Counties, Inc.

All Meals include Milk.

All meals are considered "Heart Healthy" and are low in fat and low in sodium. Weekly averages are 1000 mg of Sodium (salt) per day, 30% or less calories from fat and around 700 calories. We can provide Diabetic (lower sugar) and Renal (lower potassium) meals as well as a ground meat entrée for persons with mouth, teeth or swallowing problems. These diets may be different from what is printed.

SF = Sugar Free

Cancellations must be called in before 3:00 p.m. the day before the meal. 670-2434

Menus are subject to change without notice
Food Stamps or Vision Cards accepted here