

January 2022

Questions? Call us, 265-8659
(All meals are served with 8-oz of low-fat milk)

Natrona County Meals On Wheels Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jan ***** Happy New Year***** **CLOSED** Meal will be Delivered on Thursday December 30th Pasta O's w/Beef Applesauce Nutrigrain Bar Orange Tangerine Juice	4-Jan Pork Chops w/Mushroom Gravy Mashed Potatoes w/Gravy Lima Beans Spinach & Bacon Salad Apricots Wheat Bread Milk	5-Jan Chicken & Noodles Venetian Blend Vegetable Homestyle Vegetable Salad Peaches Wheat Bread Milk	6-Jan Meatloaf Baked Potato Cascade Blend Vegetable Garden Vegetable Salad Sliced Apples Wheat Roll Milk	7-Jan Breaded Tilapia O'Brien Potatoes Mixed Vegetable Pea Salad Pears Wheat Bread Milk
10-Jan Beef Stew Scandinavian Blend Vegetable Mediterranean Salad Mandarin Oranges Wheat Bread Milk	11-Jan Lamb Goulash Lima Beans Creamy Green Pepper Salad Prunes Wheat Bread Milk	12-Jan Spinach Lasagna w/Italian Sausage Trio Blend Vegetable Lettuce & Mushroom Salad Fresh Fruit Wheat Bread Milk	13-Jan Ham Baked Sweet Potatoes Asparagus Broccoli Craisin Salad Plums Wheat Rolls Milk	14-Jan Chicken a la King Mashed Potatoes w/Gravy Zucchini Mixed Berries Pudding Wheat Bread Milk
17-Jan Pork Tips w/Rice Capri Blend Vegetable Coleslaw Grapes Wheat Bread Milk	18-Jan Herb & Lemon Cod Scalloped Potatoes Peas & Carrots Tossed Salad w/Poppy Seed Dressing Pineapple Wheat Bread Milk	19-Jan Herbed Turkey Rosemary Potatoes Broccoli Marinated Vegetable Salad Apricot Wheat Bread Milk	20-Jan Cornflake Chicken Mashed Potatoes w/Gravy Brussels Sprouts Bean & Chickpea Salad Tropical Fruit Wheat Rolls Milk	21-Jan Macaroni & Cheese Italian Blend Vegetables Country Tomato Salad Prunes Wheat Bread Milk
24-Jan Western Omelet Bake Breakfast Potatoes Yogurt Banana V-8 Juice Muffin Milk	25-Jan French Country Chicken Over Fettuccini Riviera Blend Vegetable Tangy Broccoli Salad Fruit Cocktail Wheat Bread Milk	26-Jan Italian Roast Beef Garlic Mashed Potatoes Peas & Onions Greek Salad Pears Wheat Rolls Milk	27-Jan Lemon Pepper Pork Loin Mashed Potatoes w/Gravy Pacific Blend Vegetables Caesars Salad Applesauce Wheat Bread Milk	28-Jan Cabbage Roll Casserole Green Beans Carrot, Celery & Apple Salad Peaches Wheat Bread Milk

This menu may be changed at any time. Substitutions are made based on product availability or to satisfy the requirements of therapeutic diets.