

# January 2023

## Natrona County Meals On Wheels Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2-Jan</b> ***** Happy New Year***** **CLOSED** Meal will be Delivered on Thursday December 29th Egg, Ham & Cheese Croissant Fruit Cup Jello/Granola Bar Apple Juice	<b>3-Jan</b> Pork Chops w/Mushroom Gravy Mashed Potatoes w/Gravy Lima Beans Spinach & Bacon Salad Apricots Wheat Bread Milk	<b>4-Jan</b> Chicken & Noodles Venetian Blend Vegetable Homestyle Vegetable Salad Peaches Wheat Bread Milk	<b>5-Jan</b> Meatloaf Baked Potato Cascade Blend Vegetable Garden Vegetable Salad Sliced Apples Wheat Roll Milk	<b>6-Jan</b> Breaded Tilapia O'Brien Potatoes Mixed Vegetable Pea Salad Pears Wheat Bread Milk
<b>9-Jan</b> Beef Stew Scandinavian Blend Vegetable Mediterranean Salad Mandarin Oranges Wheat Bread Milk	<b>10-Jan</b> Lamb Goulash Lima Beans Creamy Green Pepper Salad Prunes Wheat Bread Milk	<b>11-Jan</b> Spinach Lasagna w/Italian Sausage Trio Blend Vegetable Lettuce & Mushroom Salad Fresh Fruit Wheat Bread Milk	<b>12-Jan</b> Ham Baked Sweet Potatoes Asparagus Broccoli Craisin Salad Plums Wheat Rolls Milk	<b>13-Jan</b> Chicken a la King Mashed Potatoes w/Gravy Zucchini Mixed Berries Pudding Wheat Bread Milk
<b>16-Jan</b> Pork Tips w/Rice Capri Blend Vegetable Coleslaw Grapes Wheat Bread Milk	<b>17-Jan</b> Herb & Lemon Cod Scalloped Potatoes Peas & Carrots Tossed Salad w/Poppy Seed Dressing Pineapple Wheat Bread Milk	<b>18-Jan</b> Herbed Turkey Rosemary Potatoes Broccoli Marinated Vegetable Salad Apricot Wheat Bread Milk	<b>19-Jan</b> Cornflake Chicken Mashed Potatoes w/Gravy Brussels Sprouts Bean & Chickpea Salad Tropical Fruit Wheat Rolls Milk	<b>20-Jan</b> Macaroni & Cheese Italian Blend Vegetables Country Tomato Salad Prunes Wheat Bread Milk
<b>23-Jan</b> Western Omelet Bake Breakfast Potatoes Yogurt Banana V-8 Juice Muffin Milk	<b>24-Jan</b> French Country Chicken Over Fettuccini Riviera Blend Vegetable Tangy Broccoli Salad Fruit Cocktail Wheat Bread Milk	<b>25-Jan</b> Italian Roast Beef Garlic Mashed Potatoes Peas & Onions Greek Salad Pears Wheat Rolls Milk	<b>26-Jan</b> Lemon Pepper Pork Loin Mashed Potatoes w/Gravy Pacific Blend Vegetables Caesars Salad Applesauce Wheat Bread Milk	<b>27-Jan</b> 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.