

## January 2024

### 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>1-Jan</b> ***** Happy New Year***** **CLOSED** Meal will be Delivered on Thursday December 28th Chicken & Pasta Raisins Peanut Butter Crackers / Orange Juice	<b>2-Jan</b> Pork Chops w/Mushroom Gravy Mashed Potatoes w/Gravy Lima Beans Spinach & Bacon Salad Apricots Wheat Bread Milk	<b>3-Jan</b> Chicken & Noodles Venetian Blend Vegetable Homestyle Vegetable Salad Peaches Wheat Bread Milk	<b>4-Jan</b> Meatloaf Baked Potato Carrots Garden Vegetable Salad Sliced Apples Wheat Roll Milk	<b>5-Jan</b> Breaded Tilapia O'Brien Potatoes Mixed Vegetable Pea Salad Pears Wheat Bread Milk
<b>8-Jan</b> Beef Stew Scandinavian Blend Vegetable Mediterranean Salad Mandarin Oranges Wheat Bread Milk	<b>9-Jan</b> Lamb Goulash Lima Beans Creamy Green Pepper Salad Peaches Wheat Bread Milk	<b>10-Jan</b> Spinach Lasagna w/Italian Sausage Trio Blend Vegetable Lettuce & Mushroom Salad Fresh Fruit Wheat Bread Milk	<b>11-Jan</b> Ham Baked Sweet Potatoes Asparagus Broccoli Craisin Salad Plums Wheat Rolls Milk	<b>12-Jan</b> Chicken a la King Mashed Potatoes w/Gravy Zucchini Mixed Berries Pudding Wheat Bread Milk
<b>15-Jan</b> Pork Tips w/Rice Capri Blend Vegetable Coleslaw Grapes Wheat Bread Milk	<b>16-Jan</b> Herb & Lemon Cod Scalloped Potatoes Peas & Carrots Tossed Salad w/Poppy Seed Dressing Pineapple Wheat Bread Milk	<b>17-Jan</b> Herbed Turkey Rosemary Potatoes Broccoli Marinated Vegetable Salad Apricot Wheat Bread Milk	<b>18-Jan</b> Cornflake Chicken Mashed Potatoes w/Gravy Brussels Sprouts Bean & Chickpea Salad Tropical Fruit Wheat Rolls Milk	<b>19-Jan</b> Macaroni & Cheese Italian Blend Vegetables Country Tomato Salad Prunes Wheat Bread Milk
<b>22-Jan</b> Western Omelet Bake Breakfast Potatoes Yogurt Banana V-8 Juice Muffin Milk	<b>23-Jan</b> French Country Chicken Over Fettuccini Key Biscayne Vegetable Blend Tangy Broccoli Salad Fruit Cocktail Wheat Bread Milk	<b>24-Jan</b> Italian Roast Beef Garlic Mashed Potatoes Peas & Onions Greek Salad Pears Wheat Rolls Milk	<b>25-Jan</b> Lemon Pepper Pork Loin Mashed Potatoes w/Gravy Pacific Blend Vegetables Caesars Salad Applesauce Wheat Bread Milk	<b>26-Jan</b> Cabbage Roll Casserole Green Beans Carrot, Celery & Apple Salad Peaches Wheat Bread Milk
<b>29-Jan</b> Lamb & Potato Casserole Peas & Carrots Coleslaw Plums Wheat Bread Milk	<b>30-Jan</b> Pork Chops w/ Mushroom Gravy Mashed Potatoes w/Gravy Lima Beans Spinach & Bacon Salad Mandarin Oranges Wheat Bread Milk	<b>31-Jan</b> Chicken & Dumplings Green Beans Tangy Broccoli Salad Prunes Wheat Bread Milk	<b>1-Feb</b> Meatloaf Baked Potato Prince Edwards Sliced Apples Yogurt Wheat Roll Milk	<b>2-Feb</b> Tilapia French Fries Mixed Vegetable Pea Salad Apricots 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.