

January 2025

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
30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
Chicken & Noodles Garden Blend Vegetables Homestyle Vegetable Salad Peaches Wheat Bread Milk	Pork Chops w/Mushroom Gravy Mashed Potatoes w/Gravy Lima Beans Spinach & Bacon Salad Apricots Wheat Bread Milk	**CLOSED*HAPPY NEW YEAR** Meal will be Delivered on Tuesday 31st Vegetable Soup Strawberry Snack Bar Applesauce Peanut Butter Cracker Orange Juice	Meatloaf Baked Potato Carrots Garden Vegetable Salad Pears Wheat Roll Milk	Breaded Tilapia O'Brien Potatoes Mixed Vegetable Pea Salad Fresh Fruit Wheat Bread Milk
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Beef Stew Scandinavian Blend Vegetable Mediterranean Salad Mandarin Oranges Wheat Bread Milk	Lamb Goulash Lima Beans Creamy Green Pepper Salad Peaches Wheat Bread Milk	Spinach Lasagna w/Italian Sausage Trio Blend Vegetable Lettuce & Mushroom Salad Fresh Fruit Wheat Bread Milk	Lemon Pepper Pork Loin Mashed Potatoes w/Gravy Pacific Blend Vegetable Broccoli Craisin Salad Applesauce Wheat Rolls Milk	Chicken a la King Mashed Potatoes w/Gravy Zucchini Mixed Berries Pudding Wheat Bread Milk
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
Pork Tips w/Rice Capri Blend Vegetable Coleslaw Grapes Wheat Bread Milk	Herb & Lemon Cod Scalloped Potatoes Peas & Carrots Tossed Salad w/Poppy Seed Dressing Pineapple Wheat Bread Milk	Herbed Turkey Rosemary Potatoes Broccoli Marinated Vegetable Salad Fresh Fruit Wheat Bread Milk	Cornflake Chicken Mashed Potatoes w/Gravy Brussels Sprouts Bean & Chickpea Salad Apricots Wheat Rolls Milk	Macaroni & Cheese Italian Blend Vegetables Country Tomato Salad Tropical Fruit Wheat Bread Milk
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
****CLOSED**** Meal will be Delivered on Thursday January 16th Beef Lasagna Strawberry Nutrigrain Bar Applesauce Soy Nuts Fruit Punch	French Country Chicken Over Fettuccini Key Biscayne Vegetable Blend Tangy Broccoli Salad Fruit Cocktail Wheat Bread Milk	Italian Roast Beef Garlic Mashed Potatoes Peas & Onions Greek Salad Pears Wheat Rolls Milk	Ham Baked Sweet Potatoes Asparagus Caesars Salad Fresh Fruit Wheat Bread Milk	Cabbage Roll Casserole Green Beans Carrot, Celery & Apple Salad Peaches Wheat Bread Milk
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
Lamb & Potato Casserole Peas & Carrots Coleslaw Banana Wheat Bread Milk	Breakfast Casserole Tropical Fruit Yogurt Wheat Bread V-8 Juice Milk	Chicken & Dumplings Green Beans Homestyle Vegetable Salad Sliced Apples Wheat Bread Milk	Chicken Fried Steak Mashed Potato w/Gravy Prince Edwards Lettuce & Tomato Salad Fresh Fruit Wheat Roll Milk	BBQ Pork Ribs Scalloped Potato 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.