

Meals on Wheels of SW Michigan Senior Nutrition Services Congregate Menu



January 2018

Menu Is Subject To Change Without Notice

Meals are Funded By



Along with Participant Contributions,
United Way Partners, Grant Awards and
Local Donations

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Closed for New Year's Day</p>	<p>2</p> <p>Closed for the New Year's Holiday</p>	<p>3</p> <p>Italian Baked Chicken Mashed Potatoes w/ Gravy Broccoli & Cauliflower Whole Wheat Roll Mandarin Oranges</p>	<p>4 National Spaghetti Day</p> <p>Spaghetti Scandinavian Blend Vegetables Side Salad w/ Italian Dressing Garlic Bread Pears</p>	<p>5</p> <p>BBQ Pulled Pork Apple Bean Bake Creamy Coleslaw Whole Wheat Bun Grape Juice</p>
<p>8</p> <p>Chicken Enchilada Casserole Brown Rice Mixed Side Salad w/ Ranch Dressing Cornbread Peaches</p>	<p>9</p> <p>Sweet & Sour Meatballs Over Noodles Prince Charles Blend Vegetables Spinach Salad Biscuit Tropical Fruit Salad</p>	<p>10</p> <p>Pork Au Gratin Broccoli Florets Cauliflower Salad Banana Bread Fruit Cocktail</p>	<p>11</p> <p>Egg & Ham Frittata Potatoes O'Brien Baked Tomatoes Blueberry Mini Muffins Orange Juice</p>	<p>12 Martin Luther King, Jr. Meal</p> <p>BBQ Chicken Seasoned Spinach Sweet Potatoes Cornbread Jell-O w/ Fruit</p>
<p>15</p> <p>Closed for Martin Luther King, Jr. Day</p>	<p>16</p> <p>Porcupine Meatballs w/ Gravy Mashed Potatoes Seasoned Spinach Whole Wheat Roll Applesauce</p>	<p>17</p> <p>Swiss Chicken w/ Dressing Mashed Potatoes Brussels Sprouts Whole Wheat Biscuit Pears</p>	<p>18</p> <p>Turkey Tetrazzini Zucchini & Red Peppers Broccoli Florets Silver Dollar Roll Apricots in Sugar Free Pudding</p>	<p>19</p> <p>Cabbage Casserole Sweet Peas Cornbread Peach Crisp</p>
<p>22</p> <p>Lasagna Casserole Italian Blend Vegetables Whole Wheat Bread Sliced Pears</p>	<p>23 National Pie Day</p> <p>Sliced Roast Pork w/ Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Biscuit Slice of Pie</p>	<p>24</p> <p>Homemade Meatloaf O'Brien Potatoes California Blend Vegetables Whole Wheat Roll Apricots</p>	<p>25</p> <p>Citrus Chicken Corn Mixed Salad w/ French Dressing Cornbread Applesauce</p>	<p>26</p> <p>Lemon Pollock Rice Peas & Carrots Whole Wheat Bread Pineapple</p>
<p>29</p> <p>Sloppy Joes Red Skin Potatoes Key West Blend Vegetables Whole Wheat Bun Peach Slices</p>	<p>30</p> <p>Deviled Pork Chop Roasted Sweet Potatoes Peas Whole Wheat Bread Cooked Apples</p>	<p>31</p> <p>Stuffed Peppers Harvest Beets Sunshine Salad Cornbread Pears</p>		<p>Meals Provide (per week) 85 grams of Carbs 600 - 850 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>