



Meals on Wheels of SW Michigan/
Senior Nutrition Services
Congregate Menu

JANUARY 2019

Menu Is Subject To Change Without Notice

Meals are Funded By



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Meals Provide (average per week) 75 grams of Carbs 800 Calories 19 grams Protein (per meal) 30% of Calories from Fat 800 mg Sodium 2% Milk Served / Meal</p>	<p>1 Closed for New Year's Day</p>	<p>2 Salmon Patty w/ Dill Sauce Potato Salad Mixed Green Salad Whole Wheat Biscuit Pears</p>	<p>3 Roasted Chicken Breast Noodles Cucumber / Tomato Salad Carrots Whole Wheat Bread Apricots</p>	<p>4 Sliced Roast Pork w/ Gravy Mashed Sweet Potatoes Steamed Zucchini Cornbread Applesauce</p>
<p>7 Homemade Meatloaf Creamed Corn Winter Blend Vegetables Whole Wheat Bread Fruit Crisp</p>	<p>8 Turkey w/ Gravy Mashed Potatoes w/ Gravy Green Beans Whole Wheat Roll Grapes</p>	<p>9 Chicken Enchilada Black Beans Steamed Broccoli Tortilla Pineapple</p>	<p>10 Baked Fish w/ Herbs Creamy Au Gratin Potatoes Beet & Onion Salad Breadstick Fruit Jello</p>	<p>11 Spaghetti w/ Meat Sauce European Blend Vegetables Side Salad w/ Dressing Italian Bread Slice Vanilla Pudding w/ Bananas</p>
<p>14 Chicken Fajitas Spanish Rice Carrots & Tomatos Tortilla Mandarin Oranges</p>	<p>15 Sliced Roast Beef Au Jus Roasted Potatoes Cabbage Casserole Whole Wheat Roll Peaches</p>	<p>16 Frittata w/ Sausage / Potato / Cheese Capri Blend Vegetables Biscuit w/ Honey Ambrosia Salad</p>	<p>17 Salisbury Steak Mashed Potatoes w/ Gravy Side Salad Whole Wheat Roll Apple</p>	<p>18 BBQ Chicken Mac & Cheese Broccoli / Stewed Tomatoes Breadstick Apricots</p>
<p>21 Closed for Martin Luther</p>	<p>22 Swiss Chicken Potatoes w/ Red Sauce Winter Blend Vegetables Rye Bread Pears</p>	<p>23 Broiled Fish Parmesan Corn and Zucchini Caesar Salad Whole Wheat Roll Oranges</p>	<p>24 Ground Beef & Potatoes Cucumber / Tomato Salad Whole Wheat Bread Chocolate Pudding</p>	<p>25 Pulled Pork Potato Salad Carrots & Celery w/ Ranch Bun Fruit / Birthday Cake</p>
<p>28 Baked Herb Chicken Baked Sweet Potatoes Peas & Onion Salad Whole Wheat Bread Grapes</p>	<p>29 Hamburger Macaroni Salad Lettuce & Tomato Salad w/ Carrots & Cheese Bun Pineapple</p>	<p>30 Roasted Pork Scalloped Potatoes Beet Salad Bun Fruit Jello</p>	<p>31 Turkey à la King Noodles Capri Blend Vegetables Green Beans Fruit Cocktail</p>	