



## Meals on Wheels Menu

Congregate Meals will resume at a later date

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <b>Grab &amp; Go Lunches Available</b><br>Monday - Friday   Pick-up begins at noon<br><i>\$3 suggested donation</i><br>Call 24 hours in advance to reserve a meal:<br><b>248.659.1032</b> |   |   |  | <b>1</b><br><br><b>New Years Day<br/>Holiday</b>  |
| <b>4 Stuffed Green Pepper</b><br>Mashed Potatoes<br>Garden Salad<br>Tropical Fruit<br>Breadstick  | <b>5 Tuscan Chicken</b><br>Red Skin Potatoes<br>California Blend<br>Apricots<br>Dinner Roll                                 | <b>6 Beef Pastie w/gravy</b><br>Three Bean Salad<br>Zucchini Cole Slaw<br>Ambrosia<br>Dinner Roll               | <b>7 Roast Turkey w/Gravy</b><br>Garlic Mashed Potatoes<br>Asparagus<br>Garden Salad<br>Mixed Fruit<br>Corn Muffin | <b>8 Mostaccioli with Meat Sauce</b><br>Carrots<br>Romaine Salad<br>Pear Slices<br>Wheat Roll   |
| <b>11 Swedish Meatballs</b><br>Noodles<br>Scandinavian Blend<br>Crunchy Pea Salad<br>Fruit Salad<br>Dinner Roll   | <b>12 Pork Chop with Sauerkraut</b><br>Rosemary Roasted Potatoes<br>Prince Charles Blend<br>Red Grapes<br>Whole Wheat Bread | <b>13 Chicken a la King</b><br>Whole Potatoes<br>Mixed Vegetables<br>Fruit Salad<br>Breakstick                  | <b>14 Italian Ravioli</b><br>Savory Spinach<br>Cabbage Pineapple Slaw<br>Orange<br>Wheat Bread                     | <b>15 Chicken Parmesan</b><br>Vegetable Rice Pilaf<br>Cole Slaw<br>Apple<br>Breadstick          |
| <b>18 Macaroni &amp; Cheese</b><br>Herbed Green Beans<br>Romaine Garden Salad<br>Corn Muffin<br>Fruit Cocktail  | <b>19 Chinese Chicken Casserole</b><br>Carrot Salad<br>Oriental Vegetable Blend<br>Grapes<br>Dinner Roll                    | <b>20 Italian Lasagna</b><br>Italian Cut Green Beans<br>Romaine Garden Salad<br>Fruit Medley<br>Italian Bread   | <b>21 Pizza</b><br>Three Bean Salad<br>Creamy Cole Slaw<br>Red Apple<br>Cookie                                     | <b>22 Baked Cod</b><br>Baked Potato<br>Broccoli Cuts<br>Apricots<br>Dinner Roll                 |
| <b>25 Salisbury Steak</b><br>Parsley Potatoes<br>Roasted Brussel Sprouts<br>Sliced Peaches<br>Wheat Bread   | <b>26 Escaloped Chicken &amp; Noodles</b><br>Green Beans<br>Cabbage Slaw<br>Banana<br>Wheat Bread                           | <b>27 Ham Low Sodium</b><br>Au Gratin Potatoes<br>Mixed Vegetables<br>Garden Salad<br>Fresh Pear<br>Dinner Roll | <b>28 Spanish Rice with meat</b><br>Key West Vegetable<br>Carrot Salad<br>Fruit Cup<br>Whole Wheat Roll            | <b>29 Chicken w/Gravy</b><br>Red Skin Potatoes<br>Mixed Vegetable<br>Fruit Salad<br>Dinner Roll |

