

January 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Happy New Year!	3 Chicken Asparagus Broccoli Cuts Rice Rye Bread Pineapple	4 <u>Soup & Sandwich</u> Ham Salad Pea Soup Wax Beans Hot Dog Roll Fruit Crisp	5 Turkey Dinner Winter Squash Stuffing Dinner Roll **Pudding	6 Baked Fish Mixed Vegetables Corn Chowder Wheat Bread Fresh Fruit
9 Beef & Peppers Winter Blend Vegetables Potato Leek Soup Seeded Steak Roll Mixed Fruit	10 Pot Roast Green Beans Almondine Roasted Potatoes Dinner Roll Applesauce	11 Chicken Marsala with mushrooms Spinach Buttered Noodles Twelve Grain Bread **Cake	12 Swedish Meatballs Peas and Carrots Rice Potato Bread Pears	13 Lasagna Tossed Salad (MOW carrot) Beef Barley Soup Italian Bread **Pudding
16 Martin Luther King Jr. Day	17 Macaroni & Cheese Diced Tomatoes Lentil Soup Wheat Bread Pineapple	18 Beef Stew Green Beans Winter Squash Biscuit Peaches	19 Hot Dog Coleslaw Baked Beans Hot Dog Roll Fruit Crisp	20 Glazed Ham Mixed Greens Au Gratin Potatoes Rye Bread **Pudding
23 No MOW Snow day	24 Chicken Cassiatore with mushrooms Corn Buttered Noodles 100% Whole Wheat Bread Pears	25 Salisbury Steak Peas and Pearl Onions Roasted Potatoes Flax Seed Bread **Cake	26 Roast Pork Braised Cabbage Sweet Potatoes Dinner Roll **Pudding	27 <u>Soup & Sandwich</u> Chicken Salad Minestrone Soup Sliced Beets Hamburger Roll Apple Betty
30 Goulash Tossed Salad * Sliced Beets Italian Bread **Smoothie *MOW Italian Beans	31 Baked Salmon Cole Slaw Scalloped Potatoes Rye Bread Hot Spiced Applesauce			

If you will not be home when your meal is delivered

PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

SUGGESTED VOLUNTARY DONATION

\$2.00 PER MEAL to help defray costs

January-06

All contributions are returned to the community toward the cost of nutrition programs and services.