

# January 2006

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