2025

Menu cycle 1 2025

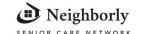
All meals come with low-fat milk. Suggested Contribution: \$2 per meal. Your contribution makes a difference and keeps our program going. Thank you!



MEALS WHEELS

		,	SENTOR CARE NETWORK	
Monday 30-Dec	Tuesday 31-Dec	Wednesday 1-Jan	Thursday 2-Jan	Friday 3-Jan
Sweet and Sour Meatballs	Caprese Pasta Salad		BBQ Pork & Succotash	Stuffed Pepper Casserole
Pineapple Cup Stir Fry Vegetables Brown Rice Sweet & Sour Beef Meatballs Sweet & Sour Sauce	Raisins Basil Tomatoes Pasta Salad Chicken Breast	<u>Closed</u> <u>New Years Day</u>	Papaya & Mango Cup Corn Succotash Wheat Dinner Roll BBQ Pulled Pork *Meal contains pork*	Orange Cup Yellow Squash White Rice with Peppers Ground Beef Shredded Cheese
6-Jan	7-Jan	8-Jan	9-Jan	10-Jan
Herb Infused Lentils	<u>Tuna Salad</u>	Roast Pork & Cinnamon Apples	Chicken Bacon Ranch Sandwich	Smoked Beef Brunswick Stew
Applesauce Peas & Carrots Brown Rice Herb Infused Lentils	Papaya & Mango Cup German Potato Salad Whole Grain Blueberry Muffin Tuna Salad	Cinnamon Apples Green Bean & Bell Pepper Medley Steamed Barley Roast Pork	Pineapple Cup Roasted Sweet Potato Whole Grain Bun Whole Grain Chicken Patty Bacon Strips Ranch Dressing	Lima Beans & Corn Cornbread Smoked Beef Stew
		Meal contains pork	*Meal contains pork*	*Meal contains pork*
13-Jan	14-Jan	15-Jan	16-Jan	17-Jan
BBQ Beef Meatloaf	Honestyle Tuna Casserole	Beef Stew	Roasted Red Pepper Pork Loin	Chicken Parmesan
Pineapple Cup Collard Greens Cornbread Beef Meatloaf BBQ Sauce	Orange Cup Green Pea Whole Grain Rotini Creamy Tuna & Mushrooms Shredded Cheese	Mashed Potatoes Carrots Wheat Roll Slow Cooked Beef Stew	Raisins Green Bean Medley Whole Grain Penne Pork Loin Roasted Red Pepper Sauce *Meal contains pork*	Papaya & Mango Cup Marinara Whole Grain Spaghetti Whole Grain Chicken Patty Mozzarella
20-Jan	21-Jan	22-Jan	23-Jan	24-Jan
Closed	Chicken & Vegetable Stew	<u>Italian Herb Chickpeas</u>	<u>Chicken Lo Mein</u>	Mushroom Smothered Pork Chop
Martin Luther King Jr. Day	Papaya & Mango Cup Carrots & Celery Whole Grain Dinner Roll Chicken Breast in Gravy	Applesauce Asparagus Brown Rice Tomato Braised Chickpeas	Peach Cup Stir Fry Vegetables Lo Mein Chicken Breast Tangy Stir Fry Sauce	Orange Cup Mushrooms in Sour Cream Gravy Whole Grain Macaroni Breaded Pork Chop *Meal contains pork*
27-Jan	28-Jan	29-Jan	30-Jan	31-Jan
Ricotta Stuffed Shells	Creamy Tuna & Corn Pasta Bowl	<u>Salisbury Steak</u>	BBQ Pork & Broccoli Cheddar Melt	Bourbon Chicken
Orange Cup Marinara with Herb Spinach Whole Grain Dinner Roll Stuffed Shells	Pineapple Cup Green Beans Whole Grain Macaroni Creamy Tuna & Celery	Papaya & Mango Cup Mashed Sweet Potato Whole Grain Dinner Roll Beef Patty Gravy	Broccoli Cheddar Melt Baked Bean BBQ Pulled Pork *Meal contains pork*	Applesauce Broccoli & Snap Peas White Rice Chicken Breast Bourbon Sauce
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January Menu 2025



MEALS WHEELS

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Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
Turkey Divan Broccoli Brown Rice Apple Juice Roll w/butter	Meatloaf w/gravy Glazed Carrots Mashed Potatoes Cheddar Applesauce Bread w/butter	Closed New Year's Day	Open-face Tuna Salad Shredded lettuce Farro Lentil Salad Grape Juice Bread w/butter	Caribbean Chicken Rice and Beans Caribbean Vegetables Applesauce Bread w/Butter
6	7	8	9	10
New Year's Celebration Pork and Sauerkraut Mashed potatoes Carrots Bread w/butter Grape Juice	Pepper steak w/Pizzaiola Sauce Penne Peppers Wax Beans Grape Juice Roll w/butter	Raspberry BBQ Grilled Chicken Spring Vegetables Oven-roasted Potatoes Peaches Bread w/butter	Cranberry Chicken Salad Lettuce Broccoli Slaw Fresh Orange Italian Dressing Roll w/butter	Swiss Steak Mashed Potatoes Normandy Vegetables Applesauce Bread w/butter
13	14	15	16	1:
Chicken Parmesan Rotini Broccoli Cinnamon Apple Crisp	Ham Steak w/Pineapple glaze Mixed Vegetables Mashed Potatoes Peaches Roll w/butter	Chicken Scampi Brown Rice Succotash Peas and Peppers Apple Juice Bread w/butter	Honey Mustard Turkey Sandwich Pepper slaw Grape Juice Cocoa Cherry Bar	Penne Marinara w/Meatballs Cauliflower Brussels Sprouts Applesauce Bread w/butter
20	21	22	23	2-
Closed Martin Luther King Jr. Day	BBQ Pork Green Beans Sweet Potatoes Grape Juice Bread w/butter	Salisbury Steak w/Mushroom Gravy Mashed Potatoes Carrots Cinnamon Apples Bread w/butter	Southwest Chicken Salad Lettuce Black beans and Corn Ranch Dressing Fresh Orange Roll	Cheese Pizza Italian Bean Medley Apple Juice
27	28	29	30	3
Turkey Divan Broccoli Brown Rice Apple Juice Roll w/butter	Classic Meatloaf w/Gravy Glazed Carrots Mashed Potatoes Cheddar Bread w/butter	Chicken Piccata Meatballs Spinach Tuscany Vegetables Mandarin Oranges Bread w/butter	Open-face Tuna Salad Cucumber Celery Salad Shredded lettuce Farro Lentil Salad Grape Juice Bread w/butter	Caribbean Chicken Rice and Beans Caribbean Vegetables Applesauce Bread w/Butter