

# Senior Café and Meals on Wheels

January

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!



Monday 30-Dec	Tuesday 31-Dec	Wednesday 1-Jan	Thursday 2-Jan	Friday 3-Jan
<u>Sweet and Sour Meatballs</u>	<u>Caprese Pasta Salad</u>	<b>Closed</b> <b>New Years Day</b>	<u>BBQ Pork &amp; Succotash</u>	<u>Stuffed Pepper Casserole</u>
Pineapple Cup Stir Fry Vegetables Brown Rice Sweet & Sour Beef Meatballs Sweet & Sour Sauce	Raisins Basil Tomatoes Pasta Salad Chicken Breast		Papaya & Mango Cup Corn Succotash Wheat Dinner Roll BBQ Pulled Pork <b>*Meal contains pork*</b>	Orange Cup Yellow Squash White Rice with Peppers Ground Beef Shredded Cheese
<b>6-Jan</b>	<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>
<u>Herb Infused Lentils</u>	<u>Tuna Salad</u>	<u>Roast Pork &amp; Cinnamon Apples</u>	<u>Chicken Bacon Ranch Sandwich</u>	<u>Smoked Beef Brunswick Stew</u>
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 <b>*Meal contains pork*</b>	Pineapple Cup Roasted Sweet Potato Whole Grain Bun Whole Grain Chicken Patty Bacon Strips Ranch Dressing <b>*Meal contains pork*</b>	Lima Beans & Corn Cornbread Smoked Beef Stew <b>*Meal contains pork*</b>
<b>13-Jan</b>	<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>
<u>BBQ Beef Meatloaf</u>	<u>Honestyle Tuna Casserole</u>	<u>Beef Stew</u>	<u>Roasted Red Pepper Pork Loin</u>	<u>Chicken Parmesan</u>
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 <b>*Meal contains pork*</b>	Papaya & Mango Cup Marinara Whole Grain Spaghetti Whole Grain Chicken Patty Mozzarella
<b>20-Jan</b>	<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>
<b>Closed</b> <b>Martin Luther King Jr.</b> <b>Day</b>	<u>Chicken &amp; Vegetable Stew</u>	<u>Italian Herb Chickpeas</u>	<u>Chicken Lo Mein</u>	<u>Mushroom Smothered Pork Chop</u>
	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 <b>*Meal contains pork*</b>
<b>27-Jan</b>	<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>
<u>Ricotta Stuffed Shells</u>	<u>Creamy Tuna &amp; Corn Pasta Bowl</u>	<u>Salisbury Steak</u>	<u>BBQ Pork &amp; Broccoli Cheddar Melt</u>	<u>Bourbon Chicken</u>
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 <b>*Meal contains pork*</b>	Applesauce Broccoli & Snap Peas White Rice Chicken Breast Bourbon Sauce

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p><b>Turkey Divan</b> Broccoli Brown Rice Apple Juice Roll w/butter</p>	<p>31</p> <p><b>Meatloaf w/gravy</b> Glazed Carrots Mashed Potatoes Cheddar Applesauce Bread w/butter</p>	<p>1</p> <p><b>Closed New Year's Day</b></p>	<p>2</p> <p><b>Open-face Tuna Salad</b> Shredded lettuce Farro Lentil Salad Grape Juice Bread w/butter</p>	<p>3</p> <p><b>Caribbean Chicken</b> Rice and Beans Caribbean Vegetables Applesauce Bread w/Butter</p>
<p>6</p> <p><b>New Year's Celebration</b> Pork and Sauerkraut Mashed potatoes Carrots Bread w/butter Grape Juice</p>	<p>7</p> <p><b>Pepper steak w/Pizzaiola Sauce</b> Penne Peppers Wax Beans Grape Juice Roll w/butter</p>	<p>8</p> <p><b>Raspberry BBQ Grilled Chicken</b> Spring Vegetables Oven-roasted Potatoes Peaches Bread w/butter</p>	<p>9</p> <p><b>Cranberry Chicken Salad</b> Lettuce Broccoli Slaw Fresh Orange Italian Dressing Roll w/butter</p>	<p>10</p> <p><b>Swiss Steak</b> Mashed Potatoes Normandy Vegetables Applesauce Bread w/butter</p>
<p>13</p> <p><b>Chicken Parmesan</b> Rotini Broccoli Cinnamon Apple Crisp</p>	<p>14</p> <p><b>Ham Steak w/Pineapple glaze</b> Mixed Vegetables Mashed Potatoes Peaches Roll w/butter</p>	<p>15</p> <p><b>Chicken Scampi</b> Brown Rice Succotash Peas and Peppers Apple Juice Bread w/butter</p>	<p>16</p> <p><b>Honey Mustard Turkey Sandwich</b> Pepper slaw Grape Juice Cocoa Cherry Bar</p>	<p>17</p> <p><b>Penne Marinara w/Meatballs</b> Cauliflower Brussels Sprouts Applesauce Bread w/butter</p>
<p>20</p> <p><b>Closed Martin Luther King Jr. Day</b></p>	<p>21</p> <p><b>BBQ Pork</b> Green Beans Sweet Potatoes Grape Juice Bread w/butter</p>	<p>22</p> <p><b>Salisbury Steak w/Mushroom Gravy</b> Mashed Potatoes Carrots Cinnamon Apples Bread w/butter</p>	<p>23</p> <p><b>Southwest Chicken Salad</b> Lettuce Black beans and Corn Ranch Dressing Fresh Orange Roll</p>	<p>24</p> <p><b>Cheese Pizza</b> Italian Bean Medley Apple Juice</p>
<p>27</p> <p><b>Turkey Divan</b> Broccoli Brown Rice Apple Juice Roll w/butter</p>	<p>28</p> <p><b>Classic Meatloaf w/Gravy</b> Glazed Carrots Mashed Potatoes Cheddar Bread w/butter</p>	<p>29</p> <p><b>Chicken Piccata Meatballs Spinach</b> Tuscany Vegetables Mandarin Oranges Bread w/butter</p>	<p>30</p> <p><b>Open-face Tuna Salad</b> Cucumber Celery Salad Shredded lettuce Farro Lentil Salad Grape Juice Bread w/butter</p>	<p>31</p> <p><b>Caribbean Chicken</b> Rice and Beans Caribbean Vegetables Applesauce Bread w/Butter</p>