



Strafford Nutrition Meals On Wheels

January 2019

Administration Office 692-4211

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Chicken Cordon Bleu Mashed Potatoes Peas & Onions Garlic Roll Orange Jello w/Topping	1  Happy New Year!	 WINTER	3 Spaghetti w/Meatballs & Marinara Sauce Golden Beans Spinach Flaxseed Bread Sugar Cookie	4 BBQ Chicken Patty Macaroni & Cheese Broccoli Whole Wheat Bun Chilled Peaches
7 Chicken Stew Penne Pasta Beets Dinner Roll Snickerdoodle Cookie	8 #1 American Chop Suey Italian Green Beans Snowflake Roll Warm Bread Pudding #2 Spinach, Sausage, & Cheese Frittata	← → No deliveries on Wednesdays. Please use the frozen meal provided on Tuesday. ← →	10 Macaroni & Cheese Stewed Tomatoes Broccoli Biscuit Sliced Pears	11 #1 Chicken Crème Rosa over Rice Black Beans Sweet Peas Dinner Roll Chocolate Pudding #2 Fish Filet over Rice
14 Roast Pork Loin w/Gravy Bow Tie Pasta Mixed Vegetables Garlic Wheat Roll Lime Jello w/Topping	15 #1 Chicken Piccata Potatoes O'Brien Brussels Sprouts Honey Wheat Roll Fruit Cocktail #2 Liver & Onions w/ Gravy		17 <i>Winter Celebration</i> Beef Stroganoff Bow Tie Pasta California Blend Vegetables Zucchini Bread Ambrosia	18 #1 Herb Baked Chicken Au Gratin Potatoes Succotash Oatmeal Bread Gingerbread w/Topping #2 Herb Baked Fish
21 Closed in Honor of 	22 #1 Turkey ala King Whipped Potatoes Broccoli w/Cheese Sauce Flaxseed Roll Pineapple & Mandarin Oranges #2 Taco Casserole		24 Beef Chili Rice Green & Wax Beans Mini Corn Loaf Strawberry Jello w/Topping	25 #1 Grilled Chicken w/Pineapple Salsa Scalloped Potatoes Spinach & White Beans Zucchini Bread Chocolate Chip Cookie #2 Baked Fish w/Pineapple Salsa
28 Meatloaf w/Gravy Chive Mashed Potatoes Corn Multigrain Bread Sliced Peaches	29 #1 Turkey Noodle Casserole Butternut Squash Biscuit Hermit Cookie #2 Tomato Onion Quiche		31 Roast Pork w/Gravy Garlic Mashed Potatoes Mixed Vegetables Whole Wheat Roll Chocolate Birthday Cake 	1 Eggplant Parmesan Elbow Pasta Brussels Sprouts Wheat Bread Brownie #2 Chicken Parmesan

Suggested Donation \$3.00 per Meal

NAME: _____

Driver: _____