








Strafford Nutrition Meals On Wheels

Menu Subject to Change

January 2020

Administration Office 692-4211

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| 30 Sloppy Joe Diced Potatoes Broccoli Hamburger Bun Snickerdoodle Cookie | 31 Grilled Chicken Baked Beans Buttered Corn Hamburger Bun Fruit Cocktail |  Happy New Year! ←————→ No deliveries on Wednesdays. Please use the frozen meal provided on Tuesday. ←————→   WINTER | 2 Spaghetti w/Meatballs & Marinara Sauce Sauteed Spinach Flaxseed Roll Warm Cinnamon Apples | 3 Chicken Breast w/ Orange Glaze Potatoe's O'Brien Broccoli Whole Wheat Bread Apple Crisp |
| 6 Chicken Stir Fry Confetti Rice Corn Flaxseed Roll Warm Berry Crisp | 7 American Chop Suey Peas Snowflake Roll Warm Bread Pudding | | 9 Grilled Chicken Salad Pineapple Tidbits & Mandarin Oranges Cucumber & Onion Salad Whole Wheat Bun Birthday Cake  | 10 #1 Chicken Crème Rosa over Rice Black Beans Sauteed Carrots Honey Wheat Roll Jello w/Topping #2 Fish Filet over Rice |
| 13 Roast Pork Loin w/Gravy Mashed Sweet Potatoes Brussel Sprouts Multigrain Bread Vanilla Pudding | 14 #1 Sliced Turkey w/Gravy Potatoes O'Brien English Peas Honey Wheat Roll Ambrosia #2 Liver & Onions w/ Gravy | | 16 <i>Winter Celebration</i> Beef Stroganoff Bow Tie Pasta Garlic Green Beans Dill Buttered Carrots Natural Grain Bread Cherry Turnover | 17 #1 Chicken Picatta Pasta Succotash Dinner Roll Pear Cranberry Crisp #2 Fish Picatta |
| 20 Closed in Honor of  | 21 Cordon Bleu Confetti Brown Rice Peas & Onions Flax Roll Bread Pudding | | 23 Beef Chili Rice Green & Wax Beans Mini Corn Loaf Sliced Pears | 24 #1 Grilled Chicken w/Pineapple Salsa Diced Potatoes Spinach & White Beans Whole Wheat Roll Jello w/Topping #2 Baked Fish ♥ w/Pineapple Salsa |
| 27 Meatloaf w/Gravy Mashed Potatoes Corn Zucchini Bread Jello w/Topping | 28 #1 Chicken Marsala Mashed Potatoes Peas Honey Wheat Roll Warm Peach Crisp #2 Shepherd's Pie ♥ | | 30 Roast Pork w/Gravy Mashed Sweet Potatoes Broccoli & Cauliflower Whole Wheat Roll Chocolate Pudding | 31 Chicken Parmesan ♥ Pasta Corn & Lima Beans Zucchini Bread Sliced Peaches #2 Eggplant Parmesan |

Suggested Donation **\$3.00** per Meal

NAME: _____

Driver: _____