Strafford Nutrition Meals On Wheels	January-2023			Administration Office 692-4211
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Happy New Year	3 Ham with Pineapple Sauce Sweet Seasoned Yams Capri Blend Vegetables Biscuit Apple Oatmeal Bar		4 Spaghetti w/Meatballs Broccoli Dinner Roll Pudding	5 Chicken Tetrazzini Cavatappi Pasta Spinach Wheat Bread Blondie Bar
9 BBQ Kielbasa Orzo Braised Cabbage & Carrots Whole Wheat Bread Fruit Cup	10 Chicken Fajita w/ Peppers & Onions Red Beans & Rice Tortilla Jello	No deliveries on Wednesdays. A chilled meal	12 Roast Pork w/Gravy Baby Red Potatoes Carrots Snow Flake Roll Oatmeal Pie	13 Cheeseburger Baked Beans California Blend Veggies Burger Bun Hermit Bar
16 * MARTIN * * LUTHER * * KING *	17 Shepherd's Pie w/Peas, Carrots, & Corn Brussels Sprouts Dinner Roll Apple	for Wednesday will be provided with your Tuesday delivery.	19 <b>Yankee Pot Roast</b> Whipped Potatoes Peas & Pearl Onions Whole Wheat Bread Brownie	20 Cranberry Apricot Chicken Sweet Masshed Potatoes Cauliflower Multigrain Bread Pinapple
23 Beefy Stroganoff Egg Noodles Spinach Whole Wheat Bread Pudding	24 Macaroni & Cheese Stewed Tomatoes Bean Blend Wheat Bread Mandarin Oranges		26 Stir Fry Chicken Steamed Rice Oriental Blend Veggies Dinner Roll Pineapple	27 Baked Haddock Baby Bakers Butternut Squash Whole Wheat Bread Birthday Cake
30 Ginger Garlic Chicken w/Peppers & Onions Penne Pasta 4-way Mixed Vegetables Rye Bread Pudding	31 Swedish Meatballs Shells Broccoli Wheat Bread Cookie		2 Chicken Dijon Sweet Potato Peas Oatmeal Bread Cherry Chip Cookie	3 <b>Rib-A-Que</b> Roasted Potatoes Bean Medley Whole Wheat Bread Cookie