

Strafford Nutrition Meals on Wheels - Administration Office (603) 692-4211

Menu subject to change.

**January 2025**

Suggested Donation \$3.00 per meal

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p><b>Kielbasa</b> Roasted Potatoes Braised Cabbage Dinner Roll Orange</p>	<p>31</p> <p><b>Shepard's Pie</b> Bean Blend Whole Wheat Bread Warm Peaches</p>	<p>No deliveries on Wednesdays.  A chilled meal for Wednesday will be provided with your Tuesday delivery.</p>	<p>2</p> <p><b>Chicken Ala King</b> Mashed Potatoes Harvard Beets Biscuit Jello</p>	<p>3</p> <p><b>Potato Crunch Fish</b> Sweet Potatoes Peas &amp; Pearl Onions Whole Wheat Bread Cookie</p>
<p>6</p> <p><b>Chicken Scampi</b> Orzo Green Beans Whole Wheat Bread Pudding</p>	<p>7</p> <p><b>Chili w/Cheddar Cheese</b> Corn &amp; Red Pepper Cornbread Cookie</p>		<p>9</p> <p><b>Baked Ham w/Raisin Sauce</b> Baby Red Potatoes Carrots Dinner Roll Birthday Cake</p>	<p>10</p> <p><b>Macaroni &amp; Cheese</b> Stewed Tomatoes Spinach Wheat Bread Banana</p>
<p>13</p> <p><b>Chicken Florentine</b> Long Grain Rice Broccoli Whole Wheat Bread Orange</p>	<p>14</p> <p><b>American Chop Suey</b> Mixed Vegetables Multigrain Bread Banana</p>		<p>16</p> <p><b>Roast Pork w/Gravy</b> Rice Pilaf Carrots Dinner Roll Peaches</p>	<p>17</p> <p><b>Crab Cakes</b> Mashed Potatoes Veggie Medley Wheat Bread Fruit</p>
<p>20</p> <p><b>Closed</b></p>	<p>21</p> <p><b>Pulled Pork</b> Long Grain Rice 4 Way Veggies Cornbread Apple Sauce</p>		<p>23</p> <p><u>January Special</u> <b>Pot Roast w/Gravy</b> Roasted Red Potatoes Winter Blend Veggies Snowflake Roll Bread Pudding w/Topping</p>	<p>24</p> <p><b>Riblet</b> Baked Beans Spinach Dinner Roll Fruit</p>
<p>27</p> <p><b>Chicken Divan</b> Parslied Rice Butternut Squash Whole Wheat Bread Warm Applesauce</p>	<p>28</p> <p><b>Sweet &amp; Sour Pork</b> Seasoned Rice Black Beans &amp; Corn Wheat Bread Fudge Round</p>		<p>30</p> <p><b>Lasagna w/Meatsauce</b> Key Largo Blend Veggies Multigrain Bread Applesauce Cake</p>	<p>31</p> <p><b>Fish Filet Sandwich w/ American Cheese</b> Potato Barrels Brussel Sprouts Whole Wheat Roll Orange</p>