

# January

## MOW Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>CENTER CLOSED</b> 	<b>2</b> Orange Chicken Sesame Brown Rice Veggie Spring Rolls Broccoli Fortune Cookie	<b>3</b> Chopped Steak Roasted Potatoes Green Beans Dinner Roll Gelatin	<b>4</b> Chicken Pot Pie Biscuit Green Salad Dessert	<b>5</b> Eggplant Parmesan Brussel Sprouts Cinnamon Pears Garlic Bread
<b>8</b> Roast Turkey Cornbread Stuffing Mashed Potatoes Blended Veggies Dinner Roll Diced Pears	<b>9</b> Beef Fajita Bowl Spanish Rice Refried Beans Tortilla Chips Tropical Fruit Cup	<b>10</b> Creamy Pesto Chicken Garlic Spinach Peaches & Oats Sliced Bread	<b>11</b> Shepherd's Pie Buttered Broccoli Spiced Apples Buttermilk Biscuits	<b>12</b> Chicken Tenders Steak Fries Mixed Veggies Mandarin Oranges
<b>15</b> Chicken Fried Steak Mashed Potatoes California Veggies Sliced Bread Diced Peaches	<b>16</b> Smothered Italian Chicken Herbed Rice Seasoned Asparagus Dinner Roll Chocolate Pudding	<b>17</b> Meatloaf Au Gratin Potatoes Seasoned Peas Sliced Bread Jello	<b>18</b> Arroz Con Pollo Refried Beans Carrots & Squash Medley Sugar Cookie	<b>19</b> Baked Ziti Broccoli Normandy Brown Apple Betty Garlic Bread
<b>22</b> Chicken Parmesan Seasoned Asparagus Cinnamon Peaches Dinner Roll	<b>23</b> Beef Tamales Ranchero Sauce Cilantro Rice Spanish Green Beans Diced Mango	<b>24</b> Dijon-Glazed Chicken Seasoned Orzo Brussel Sprouts Garlic Bread Berry Grain Bar	<b>25</b> Mongolian Beef White Rice Veggie Spring Rolls Blended Veggies Diced Pineapple	<b>26</b> Cheese Filled Manicotti Blueberry Crisp Garlic Bread
<b>29</b> Mushroom & Swiss Chicken Bread Stuffing Mixed Veggies Dinner Roll Fruit Jello	<b>30</b> Brisket Masked Potatoes Cream Style Corn Buttermilk Biscuit Diced Pears	<b>31</b> Texas Chili Cornbread Bowl Roasted Potatoes Seasoned Green Beans Diced Peaches	<b>1</b> Chicken Paprikash Buttered Cavatappi California Veggie Spiced Apples Dinner Roll	<b>2</b> Tater Tot Casserole Broccoli Florets Sliced Bread Mandarin Oranges

Fellowship Meals are served Monday - Thursday 11:30am - 12:00pm, Fridays 11:00am - 11:30am

LUNCH IS SERVED FOR 1/2 HOUR ONLY

Suggested Donation \$4 • Menus are subject to change