



January MOW Meal Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 CENTER CLOSED 	2 Salisbury Steak Mashed Potatoes Southern Succotash Dinner Roll Mandarin Oranges	3 Smothered Chicken Pizzaiola Italian Orzo Pasta Peas & Pearl Onions Garlic Bread Banana
6 Three Cheese Lasagna Peas & Carrots Seasoned Cauliflower Dinner Roll Chocolate Pudding	6 Chicken Fried Chicken Mashed Potatoes Asparagus w/Red Peppers Biscuit Grapes	7 Turkey Chili Sweet Cornbread Bowl Veggie Medley Sweet Corn Gelatin	8 Calabacitas con Pollo Spanish Rice Refried Beans Tortilla Chips Diced Mango	9 Homestyle Meatloaf Mashed Potatoes Veggie Medley Sliced Bread Cinnamon Applesauce
13 Cheesy Southwest Omelet Hashbrown Rounds Steamed Broccoli Strawberry Yogurt Granola	14 Enchiladas Verdes Cilantro Lime Rice Zesty Black Beans Orange	15 Beef Stroganoff Brussels Sprouts Candied Carrots Sliced Bread Vanilla Pudding	16 Arroz con Pollo Flame-Roasted Corn Spanish Green Beans Mini Concha Pineapple Tidbits	17 Spaghetti & Meatballs Italian Veggie Medley Garlic Bread Vanilla Glazed Apples
20 BBQ Glazed Chicken Mac & Cheese Herbed Green Beans Cornbread Loaf Gelatin	21 Spiced Lentil Stew Brown Rice Pilaf Asparagus w/Red Peppers Biscuit Cinnamon Applesauce	22 Old-Fashioned Swiss Steak Mashed Potatoes Southern Succotash Dinner Roll Diced Peaches	23 Tangy Orange Chicken Fluffy Rice Veggie Dumplings Winter Veggie Medley Fortune Cookie	24 Cheeseburger w/Fixings Potato Wedges Peas & Carrots Apple Slice
27 Cheese Enchiladas Cilantro Lime Rice Zesty Black Beans Chocolate Pudding	28 Beef Shepherd's Pie Steamed Broccoli Sweet Corn Garlic Bread Banana	29 Smothered Chicken & Dumplings Roasted Sweet Potatoes Brussels Sprouts Dinner Roll Diced Pears	30 Carne Guisada Spanish Rice Herbed Green Beans Sliced Bread Chocolate Chip Cookie	31 Oven Baked Chicken Tenders Mac & Cheese Veggie Medley BBQ Sauce Diced Mango

Menus are subject to change based on product availability.

