

CLIENT NAME & ADDRESS: _____

MEALS ON WHEELS MENU CHOICES FOR JANUARY 3, 2022 - MAY 6, 2022

PLEASE CIRCLE EITHER MENU A OR MENU B IN EACH SQUARE. RETURN ONE COPY IN THE STAMPED ENVELOPE & KEEP A COPY.

2% Milk or Calcium Fortified Orange Juice served with each meal. Some meals may vary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates: 1/3, 2/14, 3/28	Dates: 1/4, 2/15, 3/29	Dates: 1/5, 2/16, 3/30	Dates: 1/6, 2/17, 3/31	Dates: 1/7, 2/18, 4/1
Menu A: King Ranch Chicken Casserole Menu B: Swedish Meatballs Buttered Corn, Seasoned Zucchini, Fresh Fruit, Sugar Free Pudding.	Menu A: Beef Burgundy Menu B: Bratwurst Egg Noodles, Spinach, Bread, Blondie Bar.	Menu A: Pork Roast Menu B: Swiss Steak w/Gravy Potato Salad, Braised Cabbage, Three Bean Salad, Bread	Menu A: Chicken Patty Menu B: Baked Pork Chop w/Brown Gravy Wild Rice, Okra and Tomatoes, Pineapple Tidbits, Gelatin.	Menu A: Potato Crusted Fish Menu B: Chicken & Dumplings Sweet Potato Fries, Winter Mix Vegetables, Corn Salad, Mandarin Oranges.
Dates: 1/10, 2/21, 4/4	Dates: 1/11, 2/22, 4/5	Dates: 1/12, 2/23, 4/6	Dates: 1/13, 2/24, 4/7	Dates: 1/14, 2/25, 4/8
Menu A: BBQ Pulled Pork Menu B: BBQ Beef Pork & Beans, Hot Potato Salad, Bread, Chunky Fruit Cup.	Menu A: Baked Lemon Chicken Menu B: Beef & Broccoli Stir Fry Fried Rice, Egg Roll, Wheat Bread, Pineapple with Cherries, Fortune Cookie.	Menu A: Meatloaf Menu B: Smothered Pork Cutlet Mashed Potatoes, Brussels Sprouts, Cottage Cheese, Rosy Pears.	Menu A: Smoked Turkey Ham Menu B: Baked Breaded Chicken Yams, Italian Green Beans, Carrot Raisin Salad, Cookie.	Menu A: Hamburger Patty Menu B: Grilled Chicken Roasted Red Potatoes., Baked Beans, Lettuce, Tomato, Onion, Wheat Hamburger Bun, Peaches.
Dates: 1/17, 2/28, 4/11	Dates: 1/18, 3/1, 4/12	Dates: 1/19, 3/2, 4/13	Dates: 1/20, 3/3, 4/14	Dates: 1/21, 3/4, 4/15 (Holiday Meal)
Menu A: Beef Goulash Menu B: Herb Baked Chicken Sweet Potato Tots, Mixed 5 Way Vegetable Blend, Wheat Bread, Emerald Pears.	Menu A: Beef Enchiladas w/Red Sauce Menu B: Santa Fe Pork Cubes Mexican Rice, Pinto Beans, Kale Crunch Salad w/Mandarin Oranges, Apple Spice Cake.	Menu A: Chicken Tenders Menu B: Beef Pepper Steak Mashed Potatoes, Carrots, Mixed Berry Parfait, Cookie.	Menu A: Spaghetti & Meat Sauce Menu B: Vegetable Lasagna Broccoli, English Pea Salad, Garlic Roll, Applesauce.	Menu A: Taco Meat Menu B: Beef Tamales w/Shredded Cheese, Lettuce Tomato Salad, Spanish Rice, Pinto Beans, Flour Tortilla, Salsa, Fresh Fruit.
Dates: 1/24, 3/7, 4/18	Dates: 1/25, 3/8, 4/19	Dates: 1/26, 3/9, 4/20	Dates: 1/27, 3/10, 4/21	Dates: 1/28, 3/11, 4/22
Menu A: Arroz con Pollo Menu B: Beef Stuffed Bell Pepper Roasted Corn & Peppers, Cottage Cheese & Tomato Salad, Hot Spiced Apples, Pudding.	Menu A: Lemon Pepper Cod Menu B: Beef Tips & Gravy Summer Succotash, Cloud Lime Salad, Yogurt, Peach Crisp.	Menu A: Baked Rosemary Chicken Menu B: Beef Stew Corn Nuggets, Garden Blend Rice, Wheat Bread, Sugar Cookie.	Menu A: Beef Cabbage Roll Menu B: Smothered Pork Chop Peas and Onions, New Potatoes, Asian Salad, Mandarin Oranges, Mousse.	Menu A: Ham & Beans Menu B: Baked Chicken Okra and Tomatoes, Cornbread, Apricots, Banana Pudding.
Dates: 1/31, 3/14, 4/25	Dates: 2/1, 3/15, 4/26	Dates: 2/2, 3/16, 4/27	Dates: 2/3, 3/17, 4/28	Dates: 2/4, 3/18, 4/29
Menu A: Chicken Parmesan Menu B: Beef Stroganoff Egg Noodles, Wax Beans, Cinnamon Peaches, Pound Cake.	Menu A: Roasted Turkey w/Poultry Gravy Menu B: Beef Pot Roast Cornbread Dressing, Spinach, Fresh Fruit, Mousse.	Menu A: Sweet and Sour Pork Menu B: Hawaiian Chicken Fried Rice, Fortune Cookie, Sugar Snap Peas, Fruit Gelatin w/ Marshmallows.	Menu A: Baked Pork Chop w/Brown Gravy Menu B: BBQ Chicken Breast Macaroni & Cheese, Normandy Vegetables, Wheat Bread, Angel Food Cake.	Menu A: Turkey Ham Menu B: Santa Fe Chicken Red Roasted Potatoes, Brussel Sprouts, Cottage Cheese w/Fruit, Baked Cookie.
Dates: 2/7, 3/21, 5/2	Dates: 2/8, 3/22, 5/3	Dates: 2/9, 3/23, 5/4	Dates: 2/10, 3/24, 5/5	Dates: 2/11, 3/25, 5/6
Menu A: Chili w/Beans Menu B: BBQ Riblet Herbed Corn, Fruited Gelatin, Cornbread, Pudding.	Menu A: Grilled Italian Sausage, Green Peppers and Onions Menu B: Creole Fried Chicken Blackeyed Peas, Okra, Pasta Salad, Mandarin Creamsicle Mousse.	Menu A: Country Fried Steak w/Cream Gravy Menu B: Fried Chicken Sour Cream & Chive Mashed Potato, Green Beans w/Onions, Wheat Bread, Peaches.	Menu A: Mexican Beef Stew Menu B: Baked Salmon Antigua Vegetables, Sliced Pickled Beets, Wheat Bread, Unfrosted Cake w/Glaze.	Menu A: Pork Fritter Menu B: Oven Fried Chicken Potato Wedges, English Peas, Cinnamon Apples, Cookie.

