

Meals on Wheels Etc. Congregate – Bram Towers, Sanford, Longwood, E. Altamonte, Casselberry, Alz Easter Seals, CCE.
January 2024 *Allison Goodman RD, LD* **Date: 12/3/2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>WEEK ONE</u>	1 Closed New years day	2 Closed	3 Meatloaf Mashed potatoes Mixed veggies Pineapple Biscuit Milk	4 Chicken parmesan Penne marinara Spinach Garlic sticks Mandarin oranges Milk	5 Roasted pork loin Polenta Sauteed kale Applesauce WW roll Milk
<u>WEEK TWO</u>	8 Korean BBQ chicken Fried rice Oriental vegetables Corn Applesauce Milk	9 Shepard's pie Green beans Corn Garlic sticks Lemon raspberry cup Milk	10 Turkey sandwich on 2 WW bread slices Slaw salad Potato soup Strawberry kiwi cup Milk	11 Hamburger on ww bun Baked potato (green onion and cheddar cheese) Lettuce, tomato, ketchup, mayo, must Green beans Mandarin oranges Milk	12 Sausage and kale quiche Tossed salad w/ dressing Brown rice Whole wheat roll Lemon raspberry cup Milk
<u>WEEK THREE</u>	15 Closed Martin Luther King Day	16 Salisbury steak Mashed potatoes Mixed veggies Whole wheat roll Strawberry kiwi cup Milk	17 Egg salad/WW bread Pasta salad Tossed salad Pineapple Milk	18 Grilled chicken w roasted red pepper sauce Wild rice Broccoli/carrots Garlic sticks Mandarin oranges Milk	19 Sloppy joe on WW bun Mashed potato Green beans Tropical fruit Milk
<u>WEEK FOUR</u>	22 Pot roast Mashed sweet potatoes Green beans Dinner rolls Applesauce Milk	23 Taco (beef) with cheese and salsa Brown rice / beans Mixed vegetables Lettuce/tomato Whole wheat tortilla Orange Milk	24 Tuna salad sandwich Snap pea salad Tomato basil soup Banana (2) WW bread Milk	25 Roasted turkey with gravy Mashed root veggies Green beans Cinnamon apples Biscuit Milk	26 Fish w pesto sauce Potato au gratin Green beans Birthday dessert WW bread Milk
<u>WEEK FIVE</u>	29 Chicken lo mein Boy choy Corn Pineapple Milk	30 Ham with glaze Black eyed peas Cabbage Applesauce Biscuit Milk	31 Chef salad Potato salad Pear Garlic sticks Milk		