



MEALS on WHEELS
AMERICA

TOGETHER, WE CAN DELIVER.

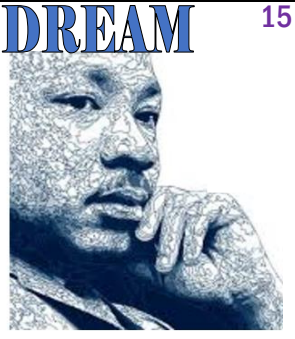
Milwaukee County

MEALS ON WHEELS

JANUARY



Goodwill

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1	2 Cheeseburger Whole Wheat Bun Ketchup & Mustard Calico Baked Beans Warm German Potato Salad Sliced Peaches	3 Glazed Ham Steak Mashed Potatoes Brussels Sprouts Marble Rye Bread Pineapple Tidbits	4 Chicken Cacciatore Leg/Thigh Garlic & Parsley Fettucine Winter Vegetable Blend Spinach Salad & Ranch w/Cherry Tomato Whole Grain Dinner Roll Fruited Yogurt	5 Salisbury Steak Double Baked Potato Casserole Wax + Green Bean Medley 7-Grain Bread M & M Cookie ♥ Fresh Orange
8 Cheese Lasagna Rollup with Meatsauce Parmesan Cheese Crinkle Carrots Marinated Bean Salad Garlic Breadstick Tropical Fruit Cup	9 BBQ Pulled Pork on Kaiser Roll Au Gratin Potatoes Baby Peas Creamy Slaw Chocolate-Iced Brownie ♥ Fresh Pear	10 Beef Stroganoff Parsley Buttered Noodles California Vegetables Mixed Greens French Dressing Rye Roll Apple Crisp ♥ Applesauce	11 Cheddarwurst Hot Dog Bun Ketchup American Fried Potatoes Carrot Raisin Salad Mixed Fruit Fluff ♥ Mixed Fruit	12 Fish Sandwich/Bun w/Cheese & Tartar Sauce Stewed Tomatoes w/Green Pepper & Onion Mini Bakers Orange Juice Oatmeal Raisin Cookie ♥ Banana
 15	16 Smothered Chicken Leg/Thigh Sweet Potatoes Green Beans Cornbread Banana Cream Pie ♥ Lo-Cal Pudding	17 Old-Fashioned Beef Stew <i>Celery, Onion, Peas, Carrots</i> Garlic Mashed Potatoes Romaine Salad Raspberry Dressing Baking Powder Biscuit Choc. Rice Krispie Bar ♥ Banana	18 Pub Burger Onion Roll ¼ Cup Sautéed Onions Double-Baked Potato Casserole w/Bacon Bits Broccoli Red Delicious Apple	19 Roast Turkey & Gravy Stuffing Prince Charles Vegetables Pickled Beet Salad Juice Banana Cake w/Cream Cheese Icing ♥ Fresh Fruit
22 Cranberry Meatballs Roasted Red Potatoes Oriental Vegetables Vienna Dinner Roll Fruit Cup	23 Sweet & Sour Pork Infused Brown Rice Maui Vegetable Blend Multi-Grain Bread Mandarin Oranges	24 Chicken Marsala Whole Grain Pasta Garlic Pesto Sauce Winter Vegetables Spring Mix/Dressing Italian Bread Blushing Pear Slices	25 Meatloaf/Onion Gravy Scalloped Potatoes Peas & Carrots Sourdough Bread Grape Juice Snickerdoodle Cookie ♥ Fruit Cup	26 Boneless Pork Loin/Sauce Baked Potato/Sour Cream Warm Red Cabbage Slaw Rye Bread Apple Juice Pudding ♥ Fresh Fruit
29 Quarter Pound Hot Dog Hot Dog Bun Ketchup & Mustard Cheesy Potato Casserole Wisconsin Vegetables Coleslaw Applesauce	30 Taco Salad Bed of Shredded Lettuce Taco Meat, Cheese, Diced Tomato, Sour Cream Refried Beans Southwest Style Corn Fritos Pineapple	31 Italian Style Meatballs w/Sauce Spaghetti & Sauce Green Beans Mixed Greens Cucumber & Tomato Italian Dressing Yellow Delicious Apple	☐ DELIVERY ISSUES ☐ ADDRESS CHANGE ☐ VACATION HOLD 358-6527	



View Menus Online! Milwaukee County Department on Aging: county.milwaukee.gov/aging ♦ Senior Dining Office: 414.289.6995