



# January 2025 Menu

Contact:  
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[www.MetroMealsonWheels.net](http://www.MetroMealsonWheels.net)

(Substitutions may be necessary without advanced notice.)

MON	TUE	WED	THU	FRI
		<b>1 NEW YEAR'S DAY</b>  <b>CLOSED</b> <b>No Meals Served or Delivered</b> 	<b>2 Chicken Alfredo Pasta</b> Broccoli Mixed Veggies Breadstick Mixed Fruit / Milk	<b>3 Scalloped Potatoes w/ Ham &amp; Peas</b> Sunshine Carrots Spiced Apples Whole Wheat Roll / Milk
<b>6 Beef Stew</b> Corn Brussel Sprouts Cornbread w/Honey Milk	<b>7 Vegetarian Manicotti</b> Monte Carlo Veggies Green Salad Pears French Bread / Milk	<b>8 Orange Chicken Over Brown Rice</b> California Blend Snap Peas Tropical Fruit 9-Grain Bread / Milk	 <b>9 CHILI MACARONI</b> Corn & Black Beans Baby Carrots Pineapple 9-Grain Bread / Milk	<b>10 Herb Salmon over Rice Pilaf</b> Carrots Green Beans Peaches Whole Wheat Roll / Milk
<b>13 Country Steak with Country Gravy</b> Mashed Potatoes Stewed Tomatoes Fresh Fruit 9-Grain Bread / Milk	<b>14 Creamy Chicken Tortellini Soup</b> Green Beans Cauliflower Fruit Cup Baci Roll / Milk	<b>15 Roast Pork With Mushroom Gravy</b> Scallop Potatoes Peas & Onions Applesauce Whole Wheat Roll / Milk	<b>16 Spaghetti with Meat Sauce</b> Cauliflower Snap Peas Green Salad French Bread / Milk	<b>17 Monterrey Chicken</b> Roast Potato Chateau Veggies Mixed Fruit Cornbread / Milk
<b>20 MLK Jr. DAY</b>  <b>CLOSED</b> <b>No Meals Served or Delivered</b>	<b>21 BBQ Bacon Cheeseburger</b> Roasted Potatoes Peas Fresh Fruit Whole Wheat Bun / Milk	<b>22 Chicken Mushroom Casserole</b> Broccoli Green Salad Chunky Applesauce Whole Wheat Roll / Milk	<b>23 Sausage Stroganoff Over Pasta</b> Cascade Veggies Green Salad Pears Breadstick / Milk	<b>24 Salisbury Steak With Brown Gravy</b> Mashed Potatoes Chateau Veggies Pineapple Whole Wheat Roll / Milk
<b>27 Cranberry Meatballs Over Rice</b> Green Beans Cauliflower Fruit Cup Baci Roll / Milk	<b>28 Polish Sausage With Sauerkraut</b> Roasted Potatoes Mixed Veggies Banana Whole Wheat Bun / Milk	<b>29 Roast Beef With Gravy</b> Mashed Potatoes Beets Green Salad 9-Grain Bread / Milk	<b>30 Lemon Herb Fish Over Rice Pilaf</b> Dill Carrots Peas Mandarin Oranges Whole Wheat Roll / Milk	<b>31 Sicilian Chicken Buttered Pasta</b> Italian Veggies Pears French Bread / Milk