

# January

# MOW

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hoppin' John Vegetable	2 Crab Cakes Vegetable	3 Beef goulash Vegetable	4 Vegetable enchilada casserole vegetable	5 Teriyaki chicken sandwich Fruit
6 Baked ziti Vegetable	7 Lemon pepper chicken Vegetable	8 Roasted pork loin Vegetable	9 Meatloaf & gravy Vegetable	10 Turkey Pot Pie Vegetable	11 Baked parmesan fish vegetable	12 Vegetarian chili Brown rice
13 Teriyaki Chicken Salad Muffin	14 Macaroni & Cheese Vegetable	15 Sweet & Sour Pork Vegetable	16 French onion chicken casserole Vegetable	17 Turkey Tetrazzini vegetable	18 Shrimp scampi vegetable	19 Ham & cheese Sandwich Potato salad
20 Spinach lasagna Vegetable	21 Cheeseburger pie vegetable	22 BBQ chicken Cornbread stuffing Vegetable	23 Maple Mustard Fresh Ham Vegetable	24 Beef stroganoff Vegetable	25 Casino crusted fish vegetable	26 Beet & feta cheese salad Fruit
27 Chicken & cabbage stir fry Vegetable	28 Spaghetti Marinara Vegetable Garlic bread	29 Roasted turkey Dinner Vegetable	30 Shepherds Pie Vegetable	31 White Bean and Chicken Chili		

**MEALS ON WHEELS OFFICE 239-337-1055**

**DELIVERY MONDAY THROUGH SATURDAY FROM 9:30 TO NOON**

MENU SUBJECT TO CHANGE WITHOUT NOTICE