

2019 Meals on Wheels of Greeley January Menu

	JANUARY 1 CLOSED	JANUARY 2 Fried Chicken Barley Casserole Green Beans w/ Red Peppers Butternut Squash Fresh Orange	JANUARY 3 Meatloaf Cheesy Mashed Potatoes w/ Gravy Stewed Tomatoes Bread Carrot Raisin Slaw Apple Lentil Cookie	JANUARY 4 Polish Sausage w/ Mustard Sweet Potato Northwest Blend Red Beans and Rice Bread Fresh Orange
January 7 Tuna Casserole Harvard Beets Celery and Carrots Almandine Garbanzo Salad Banana Muffin	January 8 Beef Chili Carrots Winter Blend Cornbread Apple	January 9 Pork Carnitas Spanish Green Beans Mexican Rice Coleslaw Fresh Kiwi Pumpkin Lentil Cookie	January 10 Chicken Parmesan Baked Potato Italian Blend Fruit Salad Peach Crisp	January 11 Country Fried Steak w/ Gravy Brussel Sprouts Carrots Bread Apple Custard
January 14 Chicken Tenders Lima Beans O'Brien Potatoes Broccoli Peanut Salad Pumpkin Bar	January 15 Country Style Pork Baked Potato Northwest Vegetables Confetti Black-Eye Pea Salad Fresh Orange	January 16 Hamburger w/ Mayo, Mustard, Lettuce, Tomato, Onion Baked Beans Corn Mandarin Oranges	January 17 Biscuits w/ Gravy Broccoli Stewed Tomato Apple Crisp Kiwi	January 18 Potato Crunch w/ Tartar Sauce Rice Pilaf Broccoli w/ Cheese Bread Garbanzo Salad Peach Crisp
January 21 Savory Noodle and Veggie Kugel Lima Beans Beets w/ Orange Sauce Spinach Salad w/ Dressing Banana	January 22 Roast Beef Mashed Potatoes w/ Gravy Creamed Spinach Waldorf Salad Orange	January 23 Pork Loin Mashed Potatoes w/ Gravy Spinach w/ Almonds Bread Tomato Salad Kiwi	January 24 Chicken and Noodles Red Cabbage Green Peas Banana Muffin Orange	January 25 Beef Stew Broccoli Okra and Tomatoes Bread Garbanzo Salad Peach Crisp
January 28 Roast Turkey Dressing w/ Gravy Green Pea Salad Yellow Squash Creamed Spinach Oatmeal Cookie Orange	January 29 Lemon Fish Red Bliss Potatoes Peas and Carrots Bread Broccoli Peanut Salad Cherry Crisp	January 30 Sloppy Joe w/ Bun Northwest Blend Cauliflower Four Bean Salad Mandarin Oranges	January 31 Salisbury Steak Mushroom Gravy Cheesy Mashed Potatoes Brussel Sprouts Bread Coleslaw Plum	

All meals contain 1% Milk, and all bread comes with spread

Menu changes may occur without notice

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