






January Menu

*** Menu is Subject to Change***

Grab N' Go Meals are Suspended until further notice.
 On Fish and Liver days, there will be an alternate choice.
 Unless otherwise noted, all fish is wild caught - not farmed.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Closed Happy New Year! 2021
4 Chicken A La King Rice Key Largo Veggies Bread Dessert	5 Peking Pork Chop Rice Capri Blend Veggies Bread Dessert	6 Roast Beef Mashed Potatoes Green Beans Bread Dessert	7 Pork Cutlet Rice Gravy San Fran Veggies Bread Dessert	8 Cat Fish Rice Peas and Carrots Bread Dessert
11 Meatloaf Mashed Potatoes Brussels Sprouts Bread Dessert	12 Roasted Chicken Roasted Potatoes Curry Ketchup Bread Dessert	13 Ham Sweet Potatoes Brussels Sprouts Bread Dessert	14 Split Pea Soup Lima Beans Bread Dessert	15 Salmon Patties Sweet Potato Fries Winter Blend Veggies Bread Dessert
18 Closed in observance of Martin Luther King, Jr. 	19 Lasagna 5-Way Mixed Veggies Bread Dessert	20 Chicken Patties Roasted Potatoes Capri Blend Veggies Bread Dessert	21 Meatballs Lima Beans Bread Dessert	22 Cod Fries San Fran Veggies Bread Dessert
25 Chicken Drum Sticks Rice Capri Veggies Bread Dessert	26 Salisbury Steak Mashed Potatoes Green Beans Bread Dessert	27 Pork Curry Rice Broccoli Bread Dessert	28 Popcorn Chicken Fries Winter Blend Veggies Bread Dessert	29 Pollock Burger Roasted Potatoes Cauliflower Bread Dessert



MEALS on WHEELS
AMERICA

TOGETHER, WE CAN DELIVER.

If you are planning a move, please call MSSS (745-5454) and let us know so we can make sure to send future copies of this newsletter to your new address!