



MEALS ON WHEELS

January 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <u>Fish Taco Bowl</u> Cuban Beans and Rice Pineapple Mango Salsa Corn Dessert <i>Alt: Chicken Taco Bowl</i>	2 <u>Honey Mustard Pork</u> Wild Rice Pilaf Potato Hash Pear <i>Alt: Honey Mustard Chicken</i>
5 <u>Three Cheese Turkey Pasta</u> Capri Vegetable Blend Peach Cup	6 <u>Sweet and Sour Chicken</u> Brown Rice Edamame, Broccoli, Corn, Red Bell Pepper, Carrots Mixed Fruit Cup	7 <u>Beef Cabbage Roll Bowl</u> White Rice Peas and Carrots Applesauce Cup Dessert	8 <u>Lemon Garlic Fish</u> Barley Risotto Peas Dessert <i>Alt: Lemon Garlic Chicken</i>	9 <u>Mediterranean Veggie Pasta Salad</u> Whole Wheat Pasta, Chickpeas, Roasted Vegetables, Feta, Italian Dressing Dessert
12 <u>Beef Cottage Pie</u> Mashed Potatoes Green Beans Cinnamon Applesauce	13 <u>BBQ Chicken</u> Brown Rice Chuckwagon Vegetable Blend Pineapple Cup	14 <u>Macaroni and Cheese</u> Whole Wheat Elbow Noodles Mixed Vegetables Dessert	15 <u>Tuna Nicoise Pasta Salad *COLD*</u> Whole Wheat Pasta, Tuna, Hard Boiled Egg, Tomato, Potato, Green Beans, Dijon Vinaigrette Banana and Dessert <i>Alt: Chicken Nicoise Pasta Salad *COLD*</i>	16 <u>Garlic Parmesan Pork</u> Barley Risotto Corn Dessert <i>Alt: Garlic Parmesan Chicken</i>
19 <u>Breakfast Sandwich on English Muffin</u> Turkey Sausage Egg Patty Provolone Cheese Breakfast Potato Hash Peach Cup	20 <u>Mustard Herb Roasted Fish</u> Wild Rice Pilaf Corn Mixed Fruit Cup Dessert <i>Alt: Mustard Herb Chicken</i>	21 <u>Salisbury Steak</u> Whole Wheat Egg Noodles Mushroom Gravy Mixed Vegetables Dessert	22 <u>Chicken Salad Kit *COLD*</u> 3 Bean Salad Roasted Sweet Potatoes Dinner Roll Butter Apple Slices	23 <u>Primavera Casserole</u> Whole Wheat Pasta Peas and Carrots Dessert
26 <u>Beef Lasagna</u> Zucchini, Cauliflower, Green Beans, Carrot, Lima Beans Dessert	27 <u>Baked Fish w/ Spinach Cream Sauce</u> Whole Wheat Pasta Capri Vegetable Blend Cinnamon Applesauce Dessert <i>Alt: Baked Chicken w/ Spinach Cream Sauce</i>	28 <u>Chicken Wild Rice Hotdish</u> Corn Pear Cup	29 <u>Harvest Salad *COLD*</u> Spinach, Quinoa, Sweet Potatoes, Pears, Cranberries, Walnuts, Pumpkin Seeds, Feta, Apple Cider Dressing Banana	30 <u>Roast Turkey Dinner</u> Whole Wheat Bread Stuffing Gravy Glazed Carrots Dessert

We do our best to accommodate choices however meal substitutions may be necessary based on availability. To contact Meals on Wheels call 651-318-9091. Beverage choice of milk or juice is served with every meal. Call to order weekend meals.

Monthly choice meals are:

- 1) Chicken Wild Rice Hotdish
- 2) Beef Lasagna
- 3) Roasted Red Pepper & Sweet Potato Soup
- 4) Mustard Herb Roasted Fish

* For Roseville Area residents, see Roseville Meals on Wheels Menu at: <https://communityed.isd623.org/adults/meals-on-wheels>