



Monthly Menu Planner

Meals on Wheels

For the month of:
JANUARY 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | January 1 – CENTRE CLOSED CHICKEN SOUP ROASTED CHICKEN KASHA VEGETABLES |
| 4 MINISTRONE FISH BALLS RICE VEGETABLES | 5 MUSHROOM BARLEY CHICKEN STEW MILLET & SQUASH VEGETABLES | 6 BUTTERNUT SQUASH BAKED SALMON ROAST POTATO VEGETABLES | 7 PEA SOUP MEATLOAF PASTA VEGETABLES | 8 CHICKEN SOUP ROASTED CHICKEN COUSCOUS VEGETABLES |
| 11 CREAM OF MUSHROOM MEAT BALLS PASTA VEGETABLES | 12 LENTIL SOUP HAWAIIAN CHICKEN RICE VEGETABLES | 13 PARSNIP SOUP TALAPIA FISH MASHED SWEET POTATO VEGETABLES | 14 CABBAGE BORSCHT CHOPPED STEAK COUSCOUS VEGETABLES | 15 CHICKEN SOUP ROASTED CHICKEN ROAST POTATO VEGETABLES |
| 18 CAULIFLOWER SOUP CHICKEN BALLS POLENTA VEGETABLES | 19 BUTTERNUT SQUASH MEAT ROLLS POTATO KUGEL VEGETABLES | 20 TOMATO SOUP BAKED SALMON COUSCOUS VEGETABLES | 21 MINISTRONE SOUP SHEPPARDS PIE MASHED POTATO VEGETABLES | 22 CHICKEN SOUP ROASTED CHICKEN LOKSHEN KUGEL VEGETABLES |
| 25 MUSHROOM BARLEY CABBAGE MEAT STEW COUSCOUS VEGETABLES | 26 CABBAGE BORSCHT CHICKEN PATTY ROAST POTATO VEGETABLES | 27 PEA SOUP COD FISH RICE VEGETABLES | 28 MIXED BEAN SOUP MEAT BALLS PASTA VEGETABLES | 29 CHICKEN SOUP ROASTED CHICKEN POTATO KUGEL VEGETABLES |

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