

**SENIOR
JANUARY
2021**



**SERVING SENIORS
BOONE
LEE
OGLE
WINNEBAGO
COUNTIES**

**MENU IS SUBJECT
TO CHANGE WITHOUT
NOTICE**


**To make a
reservation
in Rockford**

**815-963-1609
or
1-800-779-1189**

**RESERVATIONS
&
CANCELLATIONS
CALL BY 10:00 AM
THE DAY BEFORE**

***CHOICE A only sent to
MEALS ON WHEELS
CLIENTS**

**THERE ARE
NO
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 oz. Low Fat Milk served with all lunches. 				1 CLOSED
4	5	6	7	8
MEATBALL SUB PEAS & CARROTS SEAS. POTATO WEDGES MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES DINNER ROLL\BUTTER APRICOTS	SALISBURY STEAK CHEESY POTATOES GREEN BEANS DINNER ROLL\BUTTER SLICED PEACHES	A.) SLOPPY JOE WHEAT BUN FARMER POTATOES PEAS & CARROTS FRUIT COCKTAIL B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WHEAT BUN TATOR TOTS BAKED BEANS DICED PEARS
11	12	13	14	15
BBQRIBLETT WHEAT BUN AUGRATIN POTATOES COIN CARROTS DICED PEARS	PEPPER STEAK MASHED POT/GRAVY PEAS WHEAT BREAD - 2 CHILLED PINEAPPLE	LEMON PEPPER CHIX WILD RICE BROCCOLI DINNER ROLL\BUTTER APPLESAUCE	A.) CHEESEBURGER WHEAT BUN TATOR TOTS BAKED BEANS JELLO W\ FRUIT B.) HAM/VEGETABLE	MOSTACCIOLI W\MEATSAUCE BRUSSELL SPROUTS SCAND. BLEND VEGGIES GARLIC BREAD APRICOTS
18	19	20	21	22
GRILLED CHIX BREAST MASHED POTATOES W/ GRAVY DINNER ROLL\BUTTER DICED PEARS PEAS & CARROTS	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL PEACH COBBLER B.) LIVER & ONIONS	BEEF STEW BUTTERMILK BUSCUIT MANDARIN ORANGES	LEMON TILAPIA WILD RICE PEAS DINNER ROLL\BUTTER FRUIT COCKTAIL
25	26	27	28	29
B.B.Q. CHIX BREAST WHEAT BUN CHEESY POTATOES GREEN BEANS DICED PEARS	A.) SLOPPY JOE WHEAT BUN TATOR TOTS CARROTS APRICOTS B.) HAM\VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY BROCCOLI DINNER ROLL\BUTTER CHERRY COBBLER	MUSHROOM SWISS BURGER ON BUN BUTTERED RED POT. BAKED BEANS DICED PEACHES	FISH PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE