

**SENIOR
JANUARY
2023**



**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
2	3	4	5	6
CLOSED	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD - 1 CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS FRUIT COCKTAIL	A. LEMON PEPPER CHIX WILD RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B.) HAM/VEGETABLE	CITRUS BAKED HAM SWEET POTATOES SCAND. BLEND VEGGIES WGR DINNER ROLL DICED PEACHES
9	10	11	12	13
ROSEMARY HERBED CHX MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	BAKED ZITI W\MEATSAUCE ITALIAN BLEND VEG. WGR GARLIC BREAD HOT APPLESAUCE	A.) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B.) LIVER & ONIONS	CHICKEN ALA KING W\ WGR BUTTERMILK BISCUIT BROCCOLI MANDARIN ORANGES	TILAPIA & GARLIC BUTTER WILD RICE PEAS WGR DINNER ROLL FRUIT COCKTAIL
16	17	18	19	20
B.B.Q. CHIX BREAST WGR DINNER ROLL SWEET POTATO TOTS CAULIFLOWER PINEAPPLE TIDBITS	A.) SLOPPY JOE WGR WHEAT BUN CHEESY POTATOES BROCCOLI DICED PEARS B.) HAM/VEGETABLE	BAKED CHICKEN QTR MASHED POT/GRAVY COIN CARROTS WGR DINNER ROLL PEACH COBBLER	MUSHROOM SWISS BURGER ON WGR BUN BUTTERED RED POT. BAKED BEANS APRICOTS	FISH PATTY W/TARTAR WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES STRAWBERRY APPLESCE TARTAR SAUCE
23	24	25	26	27
COUNTRY MEATBALLS MASHED POT \ GRAVY MIXED VEGETABLES WGR DINNER ROLL PEACHES	CHICKEN PATTY WGR WHEAT BUN PEAS & CARROTS SCALLOPED POTATOES PINEAPPLE	SPAGHETTI W \ MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	A.) HOT TURKEY SAND. MASHED POT/GRAVY WINTER BLEND VEGG. WGR WHEAT BREAD - 1 CHERRY CRISP B.)HAM/CHIX NOODLE	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT TACO SAUCE
30	31			
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE			8 oz. Low Fat Milk served with all lunches.

