

**SENIOR
JANUARY
2024**



**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
1	2	3	4	5
CLOSED	SAUSAGE GRAVY W\ WGR BISCUIT HASH BROWN POTATO 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI CALIF. BLEND VEGGIES CORN MUFFIN APRICOTS	A.) PEPPER STEAK MASHED POT./GRAVY GLAZED CARROTS WGR WHEAT BREAD - 1 MANDARIN ORANGES B.) TURKEY/VEGETABLE
8	9	10	11	12
HAMBURGER PATTY WGR WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEACHES	BBQ CHIX BREAST AUGRATIN POTATOES SEAS. GREEN BEANS WGR DINNER ROLL FRUIT COCKTAIL	SALISBURY STEAK MASHED POT./GRAVY BRUSSEL SPROUTS WGR WHEAT BREAD - 1 APRICOTS	SWEET AND SOUR MEATBALLS FLUFFY RICE BLENDED VEGGIES WGR DINNER ROLL DICED PEARS	A) TUNA NOODLE CASSEROLE BROCCOLI/CARROTS PINEAPPLE TIDBITS WGR DINNER ROLL B.) CHIX SAL./TOMATO
15	16	17	18	19
CLOSED	MEATLOAF CHEESY POTATOES CALIF BLEND VEGGIES WGR WHEAT BREAD - 1 DICED PEARS	BAKED PORK CHOP MASHED POT./GRAVY GREEN BEANS WGR DINNER ROLL CHERRY CRISP	ITALIAN SAUSAGE W\PEPPERS ON WGR BUN SEAS. POTATO WEDGES ITALIAN BLEND VEGGIES APRICOTS	A.) CRISPY FISH SAND. WGR WHEAT BUN/TARTAR HASH BROWNS PEAS DICED PEACHES B.) TURKEY/MINESTRONE
22	23	24	25	26
SALISBURY STEAK MASHED POT./GRAVY LIMA BEANS WGR DINNER ROLL MANDARIN ORANGES	SWEET/SOUR CHICKEN FLUFFY RICE STIR FRY VEGGIES WGR DINNER ROLL APRICOTS	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES	A.) TURKEY BURGER WGR WHEAT BUN SWEET POTATO FRIES BROCCOLI APPLE CRISP B.) TUNA SAL/CHIX RICE	HOT HAM & CHEESE WGR WHEAT BUN TATOR TOTS BAKED BEANS CHILLED APPLESAUCE
29	30	31		
BBQ RIBLETT WGR WHEAT BUN AUGRATIN POTATOES COUNTRY MIXED VEG DICED PEARS	CREAMY CHICKEN PASTA CARROTS STEAMED PEAS WGR WHEAT BREAD - 1 CHILLED PINEAPPLE	CHEESEBURGER ON WGR WHEAT BUN TATOR TOTS BAKED BEANS FRUIT COCKTAIL		8 oz. Low Fat Milk served with all lunches. 