

**SENIOR
JANUARY
2025**



**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	2 A) LEMON PEPPER CHIX RICE BROCCOLI WGR DINNER ROLL APPLESAUCE B) HAM/VEGETABLE	3 TILAPIA & GARLIC BTTR RICE CALIF BLENDED VEGGIES WGR DINNER ROLL FRUIT COCKTAIL
6	7	8	9	10
RSMY HERB CHICKEN MASHED POT/GRAVY GREEN BEANS WGR DINNER ROLL MIXED CITRUS FRUIT CUP	BAKED ZITI W/MEATSAUCE ITALIAN BLENDED VEG WGR GARLIC BREAD HOT APPLEAUCE	A) MEATLOAF MASHED POT/GRAVY GLAZED CARROTS WGR DINNER ROLL APRICOTS B) LIVER & ONIONS	JUMBO HOT DOG W/BUN BAKED BEANS POTATOE WEDGES MANDARIN ORANGES RELISH PACKET	CITRU BAKED HAM SWEET POTATOES SCAND. BLENDED VEGGIES WGR DINNER ROLL DICED PEACHES
13	14	15	16	17
BBQ CHICKEN BREAST WGR DINNER ROLL AU GRAUTIN POTATOES CAULIFLOWER PINEAPPLE TIDBITS	A) SLOPPY JOE WGR WHEAT BUN CHEESY POTATOES BROCCOLI DICED PEARS B) HAM/VEGETABLES	MEATBALL SUB ON WGR ROLL PEAS & CARROTS SEASON POT. WEDGES DICED PEACHES 0	MUSHROOM SWISS BURGER ON WGR BUN BABY BAKERS BAKED BEANS APRICOTS	CRISPY FISH SAND. WGR WHEAT BUN\TARTAR MAC AND CHEESE CALIF BLEND VEGGIES APPLESAUCE
20	21	22	23	24
closed	CHICKEN PATTY WGR WHEAT BUN PEAS AND CARROTS SCALLOPED POTATOE PINEAPPLE	RAVIOLI W/MEATSAUCE GREEN BEANS CAULIFLOWER WGR GARLIC BREAD APRICOTS	PULLED PORK WGR WHEAT BUN CHEESY MAC POT. WINTER BLEND VEGGIES	CHEESY BEEF TACO WGR FLOUR TORTILLA LETTUCE/TOMATO SPANISHRICE/BEANS FRESH FRUIT TACO SAUCE
27	28	29	30	31
CHICKEN PARMESAN PASTA W/MARINARA SICILIAN BLEND VEG WGR DINNER ROLL DICED PEARS	SAUSAGE GRAVY W/WGR BISCUIT HASHBROWN POT 2 SAUSAGE PATTIES ORANGE JUICE	POLISH SAUSAGE SAUERKRAUT POTATO WEDGES BAKED BEANS CHILLED APPLESAUCE WGR HOT DOG BUN	BEEFARONI CALIF BLEND VEG CORN MUFFIN APRICOTS	A) PEPPER STEAK MASHED POT/GRAVY GLAZED CARROTS WGR WHEAT BREAD MANDARIN ORANGES B) TURKEY/VEGETABLE