



Meals on Wheels January 2019 South Salem Dining Room

Weeks	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Jan 1st-4th	Beet Salad Beef Burgundy Egg Noodles Green Beans Rosemary Bread Pears	Closed for New Year's Day 	Asian Slaw Chicken Stir-Fry Brown Rice Sugar Snap Peas Mandarin Oranges Fortune Cookie	Caesar Salad Swedish Meatballs Egg Noodles Brussel Sprouts Dinner Roll Angel Food Cake	Peas & Cheese Baked Fish Tater Tots Brussel Sprouts Dinner Roll Jell-O
Week 2 Jan 7th-11th	Three Bean Salad Cheese Ravioli Italian Vegetables Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Peas & Carrots Chips & Salsa Oranges	Confetti Salad Salisbury Steak Mashed Potatoes Italian Vegetables Dinner Roll Apple Crisp	House Salad Roasted Chicken Baby Red Potatoes Broccoli Dinner Roll Pears	Carrot Raisin Salad Chili Con Carne Brown Rice Broccoli Corn Bread Jell-O
Week 3 Jan 14th—18th	Three Bean Salad Chicken Casserole Brussel Sprouts Rosemary Bread Pudding	Beet Salad Beef Stroganoff Green Beans Rosemary Bread Mixed Fruit	Asian Slaw Teriyaki Chicken Brown Rice Broccoli Oranges Fortune Cookie	Caesar Salad Spaghetti w/ Meat Sauce Italian Vegetables Sourdough Bread Pears	Coleslaw Salmon Cakes Rice Pilaf Green Beans Dinner Roll Birthday Cake
Week 4 Jan 21st—25th	Closed for MLK Day 	Beet Salad Swedish Meatballs Egg Noodles Peas & Carrots Dinner Roll Pears	House Salad Herb Crusted Chicken Mashed Potato Green Beans Dinner Roll Brownie	Peas & Cheese Sloppy Joes Tater Tots Italian Vegetables Hamburger Bun Mixed Fruit	Confetti Salad Lasagna Broccoli Sourdough Bread Angel Food Cake
Week 5 Jan 28th-31st	Carrot Raisin Salad Beef Ravioli Italian Vegetables Sourdough Bread Pudding	Mexi-Slaw Chicken Enchiladas Crovoli Chips & Salsa Pears	House Salad Salisbury Steak Mashed Potato Green Beans Dinner Roll Apple Crisp	Peas & Cheese Chili Con Carne Brown Rice Italian Vegetables Corn Bread Jello-O	



Meals on Wheels Office 503-364-2856