

DUNKIRK-FREDONIA MEALS ON WHEELS

196 Newton Street, Suite 5 • Fredonia, NY • 366-8822

JANUARY 2019 - COLD **Alternate to the Heatable Meal**

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>2 Bologna & Cheese Sandwich Green Pea Salad Fruit Cup Pudding (Mustard)</p>	<p>3 Egg Salad Sandwich 3-Bean Salad Orange Juice Pound Cake</p>	<p>4 Sliced Ham Sandwich Potato Salad Fresh Fruit Chiffon Gelatin (Mustard)</p>
<p>7 Chicken Salad Sandwich Fresh Carrots Grape Juice Cookie (Ranch Dressing)</p>	<p>8 Seafood Salad on Croissant Marinated Vegetable Salad Peaches Fig Cookies</p>	<p>9 Roast Beef Sandwich Coleslaw Pears Muffin (Horseradish Sauce)</p>	<p>10 Sliced Turkey & Cheese Sandwich Vegetable Pasta Salad Apple Juice, Plums (Mayonnaise)</p>	<p>11 Tuna Salad Sandwich 3-Bean Salad Orange Lorna Doones</p>
<p>14 Cold Cut Sub Cucumber Salad Apple, Cookie (Italian Dressing)</p>	<p>15 Cold Meatloaf Sandwich Macaroni Salad Mandarin Oranges Fruited Gelatin (Ketchup)</p>	<p>16 Seafood Salad on Croissant Carrot-Penny Salad 24 hr. Fruit Dessert Graham Squares</p>	<p>17 Ham Salad Sandwich German Potato Salad Peaches Cookie</p>	<p>18 Egg Salad Sandwich Pickled Beets Pineapple Pound Cake</p>
	<p>22 Tuna Salad Sandwich Cucumber Salad Applesauce Cereal Bar</p>	<p>23 Sliced Ham Sandwich Coleslaw Pears Cookie (Mustard)</p>	<p>24 Salami & Cheese Sandwich Potato Salad Tropical Fruit Fruited Gelatin (Mustard)</p>	<p>25 Sliced Turkey Sandwich Macaroni Salad Lo Salt Vegetable Juice Apricots (Mayonnaise)</p>
<p>28 Sliced Roast Beef Sandwich Carrot - Raisin Salad Apple Juice, Muffin (Horseradish Sauce)</p>	<p>29 Cold Meatloaf Sandwich 3-Bean Salad Applesauce Cookie (Ketchup)</p>	<p>30 Chicken Salad Sandwich Tossed Salad Orange Juice, Lorna Doones (Salad Dressing)</p>	<p>31 Sliced Turkey Sandwich Corn Relish Vegetable Juice Donut (Mayonnaise)</p>	

