

DUNKIRK-FREDONIA MEALS ON WHEELS
196 Newton Street, Suite 5 • Fredonia, NY • 366-8822

JANUARY 2019 - Heatable Meal Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p align="center">2 Beef Stew Winter Squash Biscuit, Apple Juice, Pudding (Margarine)</p>	<p align="center">3 Macaroni & Cheese Broccoli Pears, Muffin (Margarine)</p>	<p align="center">4 Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables, Bread Chiffon Gelatin (Margarine)</p>
<p align="center">7 #2 Cheese Manicotti w/ Marinara Sauce Italian Vegetable Medley Grape Juice, Garlic Roll, Cookie (Margarine, Parmesan)</p>	<p align="center">8 Meatloaf w/ Gravy Mashed Potatoes Beets, Bread, Peaches (Margarine)</p>	<p align="center">9 Baked Ham w/ Pineapple ring Sweet Potatoes Wax Beans, Orange Juice Muffin (Margarine)</p>	<p align="center">10 Chili w/ Crackers Carrots, Cornbread Apple Juice Pudding (Margarine)</p>	<p align="center">11 Chicken Cordon Bleu w/gravy, Mashed Potato Peas w/ Onions, Bread Lorna Doone (Margarine)</p>
<p align="center">14 Cheese Omelet Broccoli LS Vegetable Juice, Muffin, Apple (Margarine)</p>	<p align="center">15 Polish Sausage w/Sauerkraut Mashed Potatoes Mixed Vegetables Bread, Fruited Gelatin (Margarine, Mustard)</p>	<p align="center">16 Chicken Ala King Biscuit, Corn Orange Juice 24-Hour Dessert (Margarine)</p>	<p align="center">17 Ground Beef Stroganoff Casserole Zucchini w/ Tomatoes Roll, Peaches (Margarine)</p>	<p align="center">18 Chicken Drumsticks Augratin Potatoes Broccoli Bread, Pound Cake (Margarine)</p>
	<p align="center">22 Turkey w/ Gravy Stuffing, Winter Squash Pineapple Juice Applesauce (Cranberry Sauce, Margarine)</p>	<p align="center">23 Salisbury Steak w/gravy Mashed Potatoes Green Beans Bread Cookie (Margarine)</p>	<p align="center">24 Goulash Carrots Biscuit Tropical Fruit (Margarine)</p>	<p align="center">25 Scalloped Potatoes & Ham Broccoli Bread, LS Vegetable Juice Fruit Crisp (Margarine)</p>
<p align="center">28 Tuna Noodle Casserole Stewed Tomatoes Apple Juice Roll, Chiffon Gelatin (Margarine)</p>	<p align="center">29 Roast Pork w/ Gravy Mashed Potatoes Red Cabbage Bread, Applesauce (Margarine)</p>	<p align="center">30 Spaghetti & Meatballs Tossed Salad Italian Bread, Fresh Fruit (Margarine, Parmesan Cheese, Dressing)</p>	<p align="center">31 Pancakes w/ Syrup 2 Sausage Links Apples w/ Craisins Vegetable Juice, Yogurt (Margarine)</p>	