

DUNKIRK-FREDONIA MEALS ON WHEELS

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

JANUARY 2019 - COLD MEAL

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

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

*** PLEASE NOTE: IF THE COLD MEAL IS DELIVERED ALONE, SIDE DISHES WILL VARY TO MEET NUTRITION REQUIREMENTS