

# Mid-Columbia Meals on Wheels

## A program of Senior Life Resources Northwest

www.seniorliferesources.org

\*- equals carbohydrate count

**\*\*Connell\*\***

# January 2019

*You are asked to self-monitor what you consume.  
We are unable to provide specialized or allergy diets. With adequate notice, a substitute frozen meal may be provided upon request.*

*If you remove food from our premises, Meals on Wheels will not be held responsible for food safety or quality of items. Leftovers should be refrigerated immediately and eaten within 2 days.*

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><i>Happy New Year</i></p> <p><b>Closed for New Year's Holiday</b></p>	<p>2</p> <p>Apple Pork Chop Rice Pilaf Broccoli Normandy Bread Brownie</p> <p style="text-align: right;">*141</p>	<p>3</p>	<p>4</p> <p>Cod w/ Dill Sauce Herb Potatoes Carrot Raisin Salad Blueberry Oat Bar</p> <p style="text-align: right;">*75</p>
<p>7</p> <p>Macaroni &amp; Cheese Sausage Patty Broccoli Applesauce</p> <p style="text-align: right;">*77</p>	<p>8</p>	<p>9</p> <p>Beef Stew Biscuit Steamed Beets Pumpkin Bar</p> <p style="text-align: right;">*90</p>	<p>10</p>	<p>11</p> <p>Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Peas &amp; Carrots Bread Cranberry Oat Bar</p> <p style="text-align: right;">*98</p>
<p>14</p> <p>Spaghetti &amp; Meat Sauce Green Beans Bread Stick Oatmeal Cookie</p> <p style="text-align: right;">*89</p>	<p>15</p>	<p>16</p> <p><b><u>Birthday Day</u></b> Roast Beef w/ Gravy Mashed potatoes w/ Gravy Italian Veggies Dinner Roll Ice Cream</p> <p style="text-align: right;">*89</p>	<p>17</p>	<p>18</p> <p>Hamburger Baked Beans Apple Cabbage Slaw Cookies</p> <p style="text-align: right;">*110</p>
<p>21</p>  <p><b>Closed for Martin Luther King Jr. holiday</b></p>	<p>22</p>	<p>23</p> <p>Teriyaki Chicken Fluffy Rice Oriental Veggies Bread Pear Crumble</p> <p style="text-align: right;">*74</p>	<p>24</p>	<p>25</p> <p>Beef Lasagna Mixed Veggies Breadstick Brownie</p> <p style="text-align: right;">*95</p>
<p>28</p> <p>Chili Stuff Potato w/ Cheese Mixed Veggies Tossed Salad w/ Dressing Wheat Roll Apple Pie Bar</p> <p style="text-align: right;">*118</p>	<p>29</p>	<p>30</p> <p>Herbed Chicken w/ Mushroom Gravy Au Gratin Potatoes Tossed Salad w/ Dressing Bread Yogurt &amp; Berries</p> <p style="text-align: right;">*112</p>	<p>31</p>	<p>Meals on Wheels is supported by participant donations. For those age 60 and over, the suggested donation is \$2.75 per meal. Meals may be purchased by those under age 60 for \$7.25.</p>