

Racine County Meals on Wheels Menu

January 2019 833-8766

Call before 9:30 am the previous day(Monday-Friday)to reserve or cancel a meal.



Closed Today

		2 Spaghetti & Meatball Marinara Mixed Salad Greens W/ Chick Peas French Bread Warm Peach Cobbler	3 Chopped Steak /Gravy Mashed Potatoes Cauliflower/Red Pepper Wheat Bread Mandarin Oranges	4 Citrus Alaskan Pollock Vegetable Rice Pilaf N. Bean/Tomato Medley Multi Grain Dinner Roll Mixed Salad Greens Fresh Melon
7 Hot Roast Beef Mashed Potatoes/Gravy NW Blend Medley Wheat Bread Fresh Orange	8 BBQ Riblet Oven Fries Mixed Salad Greens Wheat Sandwich Bun Warm Cinnamon Apples	9 Turkey Divan Vegetable Rice Pilaf Broccoli Chef's Fruit Biscuit Oatmeal Raisin Cookie	10 Western Strata Bake Hash Browned Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana	11 Chicken Breast Parmesan Penne Pasta Marinara Squash Medley French Bread Chilled Peaches
14 Sliced Bavarian Style Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	15 Chicken Chardonnay Mashed Potatoes Peas & Carrots Wheat Bread Pineapple Orange Salad Gamma's Apple Bar	16 Texas Chili Mac & Cheese Country Bl. Vegetables Corn Bread Fruit Cocktail	17 Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Dinner Roll Chilled Pears	18 Potato Crusted Fish Filet Baked Potato California Bl. Vegetables Wheat Bread Lemon Mandrn Pudding
21 Slow Roasted Beef/Gravy Mashed Potatoes Brussel Sprouts Multi Grain Bread Pears Ranger Cookie	22 Buttermilk Pancakes Breakfast Sausage Glazed Apples Orange Juice Banana	23 Spaghetti & Meatball Marinara Chef's Choice Vegetable Garlic Bread Chilled Peaches	24 Chicken Tenders/ Country Chicken Gravy Bread Stuffing Sweet Potato Mashed NW Blend Vegetables Cran Applesauce	25 Cheese Ravioli Alfredo Zucc/Red Peppers & Onions Italian Green Beans Multi-Grain Dinner Roll Fruit Cup Cookie
28 Baked Meatloaf W/ Country Gravy Cauliflower Mashed Potatoes Peas & Onions WW Roll Pineapple	29 Fish Sandwich Baked Potato Carrot Raisin Salad Wheat Sandwich Bun Warm Peach Crumble	30 BBQ Chicken Thigh Oven Fries Green Beans/Onions Wheat Bread Fruit Jello	31 Cheese Omelette Biscuit & Sausage Gravy Apple Juice Fruit Yogurt Fresh Orange	



Menu is subject to change

Diabetic Dessert is offered

Choice of 1%, skim milk, or juice included with each meal