

Meals on Wheels & Congregate Meals Menu

January

DATE	HOME DELIVERED MENU ENTREE	CONGREGATE MENU ENTREE
Tuesday, Jan. 1	Closed for Holiday	Closed for Holiday
Wednesday, Jan. 2	Chimichurri Chicken, Black Beans & Corn, Broccoli	Macaroni & Cheese, Ham, Peas, Peaches n Pudding
Thursday, Jan. 3	Gingered Pork, Redskin Potatoes, Green Pea Blend	Sweet & Sour Chicken, Rice, Coleslaw, Cherry Crisp
Friday, Jan. 4	Chili, Cinnamon Apples, Coleslaw, Roll & Butter	Hot Sandwich Bar
Monday, Jan. 7	Chipotle Meatloaf, Potatoes, Seasoned Green Beans	Sweet Italian Sausage with Peppers, Onions & Cabbage
Tuesday, Jan. 8	Pollock Nuggets, Northern Beans, Broccoli, Apple	Honey Mustard Chicken, Baked Potato, Green Beans
Wednesday, Jan. 9	Pesto Basil Chicken, Carrots, Brussels Sprouts	Pork Roast with Stuffing & Gravy, Capri Blend Veggies
Thursday, Jan. 10	Waffle with Sausage & Egg, Sweet Potatoes	Sloppy Joes, Baked Beans, Hash Brown Casserole
Friday, Jan. 11	BBQ Pork Riblet, Green Peas, Cauliflower	Mexican Food Bar
Monday, Jan. 14	Macaroni & Cheese, Carrots, Applesauce	Chicken Enchiladas, Black Beans, Spanish Rice
Tuesday, Jan. 15	Chicken Noodle Casserole, Spinach, Peaches	Pork Chop, Baked Sweet Potato, Asparagus
Wednesday, Jan. 16	Salisbury Steak, Redskin Potatoes, Mixed Vegetables	Shepherd's Pie, Marinated Veggie Salad, Pears
Thursday, Jan. 17	Honey Mustard Chicken, Sweet Potatoes, Apple	Chicken & Dumplings, Mashed Potatoes, Oranges
Friday, Jan. 18	Ham & Cheese Fluffy Frittata, Hash Browns, Broccoli	Baked Potato & Chili Bar
Monday, Jan. 21	Closed for Holiday	Closed for Holiday
Tuesday, Jan. 22	Taco Soup, Sweet Potatoes, Cauliflower, Oranges	Baked Fish w/Lemon Dill Sauce, Brown Rice, Spinach
Wednesday, Jan. 23	Chicken w/Tomato Basil Penne, Corn w/Peppers	Chicken Tortilla Soup, Chef Salad, Blueberry Cobbler
Thursday, Jan. 24	BBQ Pork Patty, Redskin Potatoes, Tropical Fruit	Beef Manhattan, Mashed Potatoes & Gravy, Pears
Friday, Jan. 25	Breaded Pollock, Green Peas, Carrots, Applesauce	Taste of Summer Bar
Monday, Jan. 28	Fish Wedge, Green Beans, Cauliflower, Apple	Tuna Noodle Casserole, Peas w/Pearl Onions
Tuesday, Jan. 29	Sausage Patties w/Biscuits, & Country Gravy,	Ham, Cabbage, Carrots, Potatoes, Tropical Fruit
Wednesday, Jan. 30	Cacciatore Chicken Tenders, Asparagus, Hash Browns	Cultural Celebration—Polynesian
Thursday, Jan. 31	Veal Parmesan, Green Pea Blend, Carrots, Oranges	Pepper Steak, Brown Rice, Key West Veggies

*Meals are served with side dishes and milk, to provide 1/3 the Recommended Daily Allowances for adults 60+

Join us for Lunch

***Call the COA to reserve your lunch at Three Rivers, Klines or Sturgis.**

Kline's Resort
269-279-8083
Fridays @ Noon
22260 Kline's Resort Rd.
Three Rivers, MI 49093

**Three Rivers
Community Center**
269-279-8083
Monday-Friday @ Noon
103 S. Douglas Avenue
Three Rivers, MI 49093

Enrichment Center
269-279-8083
Monday-Friday @ Noon
306 N. Franks Avenue
Sturgis, MI 49091

The COA offers lunch on the first and third Friday of each month in Colon at Mystic Grove Apartments. Any COA member is welcome.