

Call 604-3524 by 12 nn if you do not want a meal
the following day.

JANUARY 2021

Office Hours: 8am-12:30pm

ROSEVILLE AREA SENIOR PROGRAM / MEALS ON WHEELS MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
|  Roseville Area Schools <small>Quality Teaching & Learning for All ...Equity in All We Do</small> |  meals on wheels | | | CLOSED NEW YEAR'S DAY HOLIDAY |
| 4 | 5 | 6 | 7 | 8 |
| Sweet & Sour Meatballs Steamed Brown Rice Steamed Capri Vegetables Cinnamon Applesauce Fortune Cookie | Chicken Ala King Mashed Potatoes Warm Buttery Biscuit Mandarin Oranges Brownie w/Icing (Reg) Brownie w/o Icing (Diab) | All Beef Polish Sausage with Sauerkraut Whole Grain Bun Baked Beans Sweetened Strawberries | Pepper Steak w/Cooked Bell Peppers Steamed Brown Rice Green Beans Chilled Apricots Alt: Chicken Chow Mein | Vegetable Lasagna Garlic Toast Steamed Broccoli Chilled Mixed Fruit Banana Cream Parfait (Reg) Sugar Free Pudding (Diab) Alt: Chicken Alfredo |
| 11 | 12 | 13 | 14 | 15 |
| Beef Stroganoff Egg Noodles Steamed Broccoli Chilled Peaches Cookie (Reg) Lorna Doone Cookie (Diab) | Crunchy Alaska Pollock Filet on a Whole Grain Bun Tartar Sauce Steamed Mixed Vegetables Chilled Pears | Savory White Chicken Chili Warm Cornbread Steamed Green Beans Blueberries | Tator Tot Hot dish Steamed Corn Freshly Baked Wheat Roll Fruit Cocktail Alt: Chicken Hot Dish | Spaghetti and Meat Sauce Chef's Choice of Vegetable Garlic Toast Chilled Pineapple White Cake with Icing (Reg) White Cake w/o Icing (Diab) Alt: Lasagna Roll-Up |
| 18 | 19 | 20 | 21 | 22 |
| CLOSED MARTIN LUTHER KING JR. HOLIDAY | Roast Beef Carrot Coins Fluffy Whipped Potatoes Freshly Baked Wheat Roll Fruited Jell-O (Reg) Fruit (Diab) | Mandarin Orange Chicken over Steamed Brown Rice Asian Stir Fry Vegetables Chilled Pineapple Fortune Cookie | Beef Hash over Cubed Potatoes Whole Grain Roll Steamed Green Beans Banana Alt: Beef Patty | Lemon Pepper Tilapia Rice Pilaf California Blend Vegetables Chilled Mandarin Oranges Peach Cobbler (Reg) Sliced Peaches (Diab) Alt: Chicken Breast |
| 25 | 26 | 27 | 28 | 29 |
| Roast Beef Philly Sandwich with Peppers & Onions and topped with Mozzarella Cheese Steamed Carrots Mixed Fruit | Turkey Tetrazzini Steamed Vegetables Warm Buttery Biscuit Apricots Sugar Cookie (Reg) Lorna Doone Cookie (Diab) | Lu's Homemade Meatloaf Baked Potato w/Sour Cream Monterey Blend Vegetables Freshly Baked Wheat Roll Banana | Chicken Cacciatore Roasted Broccoli Garlic Breadstick Sweetened Strawberries Alt: Beef Patty | Smothered Pork Loin with Mushroom Gravy Fluffy Whipped Potatoes Steamed Capri Blend Cinnamon Applesauce Chocolate Cake w/Icing (Reg) Chocolate Cake w/o Icing (Diab) Alt: Sliced Turkey |

ALL MEALS SERVED WITH 1% MILK (ONLY)

(Menu subject to change based on product availability.)

Website for Meals on Wheels menu: <http://www.isd623.org/community/community-ed/seniors/senior-services>