

**SENIOR  
January  
2018**



**SERVING SENIORS  
BOONE  
LEE  
OGLE  
WINNEBAGO  
COUNTIES**

**MENU IS SUBJECT  
TO CHANGE WITHOUT  
NOTICE**

**To make a  
reservation  
in Rockford**


**815-963-1609  
or  
1-800-779-1189**

**RESERVATIONS  
&  
CANCELLATIONS  
CALL BY 10:00 AM  
THE DAY BEFORE**



**\*CHOICE A only sent to  
MEALS ON WHEELS  
CLIENTS**

**THERE ARE  
NO  
SUBSTITUTIONS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
CLOSED 	MUSHROOM SWISS BURGER ON BUN TATOR TOTS GREEN BEANS APRICOTS	MEATLOAF MASHED POT/GRAVY MIXED VEGGIES DINNER ROLL DICED PEARS	A.) HOT TURKEY SAND. MASHED POT/GRAVY COUNTRY BLEND VEGG. WHEAT BREAD - 2 FRUIT COCKTAIL B)R.BEEF\CR.MUSHROOM	FISH PATTY WHEAT BUN POTATO PANCAKES CALIF. BLEND VEGGIES APPLESAUCE TARTAR SAUCE
8	9	10	11	12
COUNTRY MEATBALLS MASHED POT \ GRAVY GREEN BEANS DINNER ROLL PEACHES	BREADED CHIX PATTY W\BUN TATOR TOTS BAKED BEANS PINEAPPLE TIDBITS	BAKED PORK CHOP BABY RED POTATOES BROCCOLI DINNER ROLL APPLE CRISP	A.) CHEESE OMELETT TURKEY SAUSAGE HASH BROWN POT. BLUEBERRY MUFFIN FRUIT JUICE B.)HAM/CHIX NOODLE	CHEESY BEEF TACO FLOUR TORTILLA LETTUCE\TOMATO SPANISH RICE \ BEANS FRESH FRUIT
15	16	17	18	19
CHICKEN PARMESAN PASTA W/ MARINARA SICILIAN BLEND VEG DINNER ROLL DICED PEARS	SAUSAGE GRAVY W \ BISCUIT HASH BROWN POTATO FRUIT JUICE BAKED PEACHES	SPAGHETTI W\MEAT SAUCE PEAS CORN GARLIC BREAD APRICOTS	A.) BAKED HAM AUGRATIN POTATOES SEASON GREEN BEANS PINEAPPLE TIDBITS WHEAT BREAD - 2 B.) TURKEY/VEGETABLE	PEPPER STEAK MASHED POT/GRAVY LIMA BEANS WHEAT BREAD - 2 FRESH ORANGE
22	23	24	25	26
HAMBURGER PATTY WHEAT BUN MAC & CHEESE CALIF. BLEND VEGGIES DICED PEARS	BBQ CHIX BREAST CHEESY POTATOES SEAS. GREEN BEANS DINNER ROLL JELLO W\FRUIT	POLISH SAUSAGE SOUR KRAUT POTATO WEDGES BAKED BEANS APPLESAUCE HOT DOG BUN	CHEESE RAVIOLI W/ MEATSAUCE BRUSSEL SPROUTS CAULIFLOWER GARLIC BREAD APRICOTS	A) CHICKEN FIESTA TACO SPANISH RICE CHEESE, LETT, TOMATO REFRIED BEANS PINEAPPLE B.) CHIX SAL./TOMATO
29	30	31		
CREAMY CHICKEN W/ PASTA BROCCOLI BAKED APPLES WHEAT BREAD - 1	MEATLOAF MASHED POT/GRAVY GLAZED CARROTS DINNER ROLL \ BUTTER APRICOTS	BAKED HAM SWEET POTATO GREEN BEANS DINNER ROLL FRUIT COCKTAIL		8 oz. Low Fat Milk served with all lunches. 