

# VINE Hot Meals on Wheels Menu

# January 2023

Mon	Tue	Wed	Thu	Fri
<p><b>2</b></p> <p><i>Closed for the Holidays</i></p> 	<p><b>3</b></p> <p>5 oz. Baked Chicken 1/2 c. Cheesy Potatoes 1/2 c. California Blend Veg. 1/2 c. Fruit Salad Wheat Bread/Butter</p>	<p><b>4</b></p> <p>Stuffed Baked Potato - 2 oz. Ham, 1 oz. Cheese, 1/2 c. Broccoli / Sour Cream 1/2 c. Pineapple Wheat Bread/Butter 2"x2" Cheesecake</p>	<p><b>5</b></p> <p>3 oz. Hamburger on a Bun w/ Lettuce &amp; Tomato 1/2 c. Baked Beans 1/2 c. Fruit Cocktail 2"x2" Lemon Bar</p>	<p><b>6</b></p> <p>8 oz. Navy Bean Soup 3 oz. Egg Salad Sandwich 1/2 c. Watermelon Crackers 2"x2" Angel Food Cake</p>
<p><b>9</b></p> <p>6 oz. Chicken in Cream Sauce 1/2 c. Rice Pilaf 1/2 c. Carrots 1/2 c. Peaches Wheat Bread/Butter</p>	<p><b>10</b></p> <p>4 oz. BBQ Pork Chop 1/2 c. Oven Browned Potatoes 1/2 c. Peas 1/2 c. Mixed Fruit Wheat Bread/Butter</p>	<p><b>11</b></p> <p>3 oz. Country Steak 1/2 c. Roasted Sweet Potatoes 1/2 c. Strawberries Wheat Bread/Butter 2"x2" Fruit Crisp</p>	<p><b>12</b></p> <p>Taco Salad: 3 oz. Taco Meat, 1/2 oz. Cheese/2 oz. Tortilla Chips 1 c. Lettuce/Chopped Tomatoes 2 T. Salad Dressing 1/2 c. Fresh Fruit</p>	<p><b>13</b></p> <p>3 oz. Sloppy Joe on a Bun 1/2 c. Creamed Corn 1/2 c. Cantaloupe 2"x2" Frosted Chocolate Cake</p>
<p><b>16</b></p> <p>3 oz. Roast Beef 1/2 c. Parslied Potatoes 1/2 c. Squash 1/2 c. Applesauce Wheat Bread/Butter</p>	<p><b>17</b></p> <p>6 oz. Pork Chow Mein 1/2 c. Rice 1/2 c. Asian Vegetables 1/2 c. Mandarin Oranges Wheat Bread/Butter</p>	<p><b>18</b></p> <p>4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c. Lettuce Salad/Dressing 1/2 c. Pineapple Garlic Bread</p>	<p><b>19</b></p> <p>8 oz. Chicken Vegetable Soup 3 oz. Ham Salad Sandwich 1/2 c. Fruit Cocktail Crackers 2"x2" Blueberry Crumble</p>	<p><b>20</b></p> <p>4 oz. Swedish Meatballs 1/2 c. Paprika Potatoes 1/2 c. Beets 1/2 c. Pears Wheat Bread/Butter</p>
<p><b>23</b></p> <p>8 oz. Tator Tot Hotdish 1/2 c. Mixed Vegetables 1/2 c. Honeydew Melon Wheat Bread/Butter 2"x2" Pumpkin Bar</p>	<p><b>24</b></p> <p>3 oz. Ginger Citrus Chicken 1/2 c. Rice 1/2 c. Peas 1 Apple Wheat Bread/Butter</p>	<p><b>25</b></p> <p>3 oz. Turkey 1/2 c. Mashed Potatoes/Gravy 1/2 c. Buttered Cabbage 1 Banana Wheat Bread/Butter</p>	<p><b>26</b></p> <p>3 oz. Chicken Breast 1/2 c. Mashed Potatoes/Gravy 1/2 c. Glazed Carrots 1 Banana Wheat Bread/Butter</p>	<p><b>27</b></p> <p>3 oz. Swiss Steak/Stewed Tom. 1 Baked Potato 1/2 c. Apricots Wheat Bread/Butter 1/2 c. Tapioca Pudding</p>
<p><b>30</b></p> <p>4 oz. Fish Fillet on a bun 1/2 c. Buttered Noodles 1/2 c. Corn 1/2 c. Tropical Fruit Wheat Bread/Butter</p>	<p><b>31</b></p> <p>8 oz. Beef Stew w/ Potatoes &amp; Carrots 1 Banana Corn Bread/Butter 2"x2" Cherry Cobbler</p>	 <p><b>Hot Meals on WHEELS</b></p>	<p><b>Menu is subject to change.</b></p> <p><b>Please call the hotline by 9 am if you'd like to cancel your meal for the day.</b></p> <p><b>387-4076</b></p>	