

SENIOR MEALS MENU – JANUARY 2025

Please choose 6 meals for each week and return to your delivery person by **12/30/2024**.

NAME: _____ Jan 6, 2025

- Breakfast Bowl
- Garlic & Ginger Glazed Pork with Rice & California Blend
- Ham & Bean Soup with Cornbread
- Chicken Tetrazzini
- Seasoned Chicken Breast, German Potato Salad & Carrots
- Taco Soup
- Hamburger & Potato Wedges
- Stuffed Pepper Soup
- Buffalo Chicken Wrap with Pea Salad

NAME: _____ Jan 13, 2025

- Pancakes with Fried Apples
- Sausage & Sauerkraut with Potatoes
- Chicken Noodle Soup with Peanut Butter Sandwich
- Goulash
- Parmesan Crusted Chicken & Butter & Herb Pasta with Vegetables
- Veggie Chowder
- Beef Stew with Cornbread
- Tuna Melt with Potato Salad
- Southwest Chicken Salad
Chicken, iceberg, romaine, black beans, red pepper, corn, red onion, cheddar cheese, southwest ranch

NAME: _____ Jan 20, 2025

- Oatmeal Muffin with Yogurt
- Jambalaya
- Broccoli Cheddar Soup
- Chicken & Noodles with Mashed Potatoes & Green Beans
- Teriyaki Chicken with Rice & Asian Vegetables
- Tortellini Soup
- Beef Tacos with Mexican Street Corn
- Hard Boiled Eggs, Cheese Cubes & Fresh Fruit
- Turkey Club Wrap with Broccoli Salad

NAME: _____ Jan 27, 2025

- Breakfast Casserole with Fruit
- Pork Stir Fry
- Tuscan Sausage & Vegetable Soup
- Mostaccioli with Peas
- Chicken Salad Sandwich with Italian Pasta Salad
- White Chicken Chili
- Beef Manhattan with Green Beans
- Breaded Catfish with Hushpuppies & Coleslaw
- Taco Salad
Ground beef, black beans, corn, tomatoes, lettuce, black olives, red onion, cheese

If you have any questions or need to call/text in your order, please contact us at 219-204-1189