



# JANUARY 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>CLOSED</b>	3 Goulash Hot Bread Chocolate Pudding	4 Ham & Potato Soup Crackers Salad Frogeye Salad	5 Shrimp Fried Rice Egg Roll Strawberry Cake	6 Barbeque Chicken Sliders Baked Beans Coleslaw
9 Pesto Pasta with Chicken, Sun-Dried Tomatoes & Asparagus Butterscotch Pudding	10 Mexican Cornbread Casserole Lettuce & Tomato Garnish Cheerios Bar	11 Crispy Baked Tilapia Baked Potato Baked Veggies Peach Crisp	12 Country Fried Pork Steak Mashed Potatoes Green Beans Fruit Cocktail	13 Chili Dog Onions Cheese
16 Hot Hamburger w/ Mushrooms, Scallop Potatoes, Cauliflower, Pears	17 Baked Chicken Tacos Lettuce & Tomato Garnish Sour Cream Lemon Bar	18 Chef Salad Wheat Roll Chocolate Chip Cookie	19 Cabbage Rolls Mixed Vegetables Cupcake	20 Bratwurst on a Bun Peppers/Onions Baked Beans
23 Grilled Chicken Salad Ice Cream Bar	24 Breakfast Burrito Fresh Fruit	25 Sausage, Spinach Tortellini Soup Wheat Roll/ Crackers Lemon Cake	26 Liver & Onions Mashed Potatoes Carrots Vanilla Pudding	27 Ham & Beans Corn Bread
30 Pancakes, Scrambled Eggs, Ham Slice Mandarin Orange	31 Meatballs in Mushroom Gravy over Brown Rice Bread Pudding	<b>*Meals are subject to change without notice</b>	<b>Daily dine-in rate= \$2.50 per meal. Daily Meals on Wheels rate= \$3.50 per meal. Eating all 21 meals this month in the dining room = \$52.50. Meals on Wheels delivery cost for all 21 meals this month= \$73.50. Please pre-pay for your meals. Thank you!</b>	

Moffat County Senior Meal Program For meal reservations please call 824-3911 by 8:00A.M.

