

# VINE Hot Meals on Wheels Menu

## January 2022

Mon	Tue	Wed	Thu	Fri
<b>3</b> Stuffed Baked Potato - 2 oz. Ham, 1 oz. Cheese, 1/2 c. Broccoli / Sour Cream 1/2 c. Pineapple Wheat Bread/Butter	<b>4</b> 5 oz. Baked Chicken 1/2 c. Cheesy Potatoes 1/2 c. California Blend Veg. 1/2 c. Fruit Salad Wheat Bread/Butter	<b>5</b> 3 oz. Hamburger on a Bun w/ Lettuce & Tomato 1/2 c. Baked Beans 1/2 c. Fruit Cocktail 2"x2" Lemon Bar	<b>6</b> 8 oz. Navy Bean Soup 3 oz. Egg Salad Sandwich 1/2 c. Watermelon Crackers 2"x2" Angel Food Cake	<b>7</b> 3 oz. Sloppy Joe on a Bun 1/2 c. Creamed Corn 1/2 c. Cantaloupe 2"x2" Frosted Chocolate Cake
<b>10</b> 6 oz. Chicken in Cream Sauce 1/2 c. Rice Pilaf 1/2 c. Carrots 1/2 c. Peaches Wheat Bread/Butter	<b>11</b> 4 oz. BBQ Pork Chop 1/2 c. Oven Browned Potatoes 1/2 c. Peas 1/2 c. Mixed Fruit Wheat Bread/Butter	<b>12</b> 3 oz. Country Steak 1/2 c. Roasted Sweet Potatoes 1/2 c. Strawberries Wheat Bread/Butter 2"x2" Fruit Crisp	<b>13</b> 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 1 Cookie	<b>14</b> 3 oz. Turkey 1/2 c. Mashed Potatoes/Gravy 1/2 c. Buttered Cabbage 1 Banana Wheat Bread/Butter
<b>17</b> 3 oz. Roast Beef 1/2 c. Parslied Potatoes 1/2 c. Squash 1/2 c. Applesauce Wheat Bread/Butter	<b>18</b> 6 oz. Pork Chow Mein 1/2 c. Rice 1/2 c. Asian Vegetables 1/2 c. Mandarin Oranges Wheat Bread/Butter	<b>19</b> 4 oz. Italian Meat Sauce 4 oz. Spaghetti Noodles 1/2 c. Lettuce Salad/Dressing 1/2 c. Pineapple Garlic Bread	<b>20</b> 8 oz. Chicken Vegetable Soup 3 oz. Ham Salad Sandwich 1/2 c. Fruit Cocktail Crackers 2"x2" Blueberry Crumble	<b>21</b> 4 oz. Swedish Meatballs 1/2 c. Paprika Potatoes 1/2 c. Beets 1/2 c. Pears Wheat Bread/Butter
<b>24</b> 8 oz. Tator Tot Hotdish 1/2 c. Mixed Vegetables 1/2 c. Honeydew Melon Wheat Bread/Butter 2"x2" Pumpkin Bar	<b>25</b> 3 oz. Ginger Citrus Chicken 1/2 c. Rice 1/2 c. Peas 1 Apple Wheat Bread/Butter	<b>26</b> 4 oz. Pub House Fish 1/2 c. Buttered Noodles 1/2 c. Corn 1/2 c. Tropical Fruit Wheat Bread/Butter	<b>27</b> 3 oz. Chicken Breast 1/2 c. Mashed Potatoes/Gravy 1/2 c. Glazed Carrots 1 Banana Wheat Bread/Butter	<b>28</b> 3 oz. Swiss Steak/Stewed Tom. 1 Baked Potato 1/2 c. Apricots Wheat Bread/Butter 1/2 c. Tapioca Pudding
<b>31</b> 5 oz. Chicken Parmesan over 1/2 c. Noodles 1/2 c. Prince William Vegetable 1/2 c. Mixed Fruit Wheat Bread/Butter			<b>Menu is subject to change.</b>  <b>Please call the hotline by 9 am                      if you'd like to cancel your                      meal for the day.</b>	<b>387-4076</b>