



MEALS ON WHEELS



Please call (208) 232-1114
 Extension 140
 BEFORE 8:00 a.m. if you
 will not be home to accept
 your meal.

ALL MEALS ARE PREPARED WITH LITTLE OR NO ADDED SODIUM

Monday	Tuesday	Wednesday	Thursday	Friday
				1. OFFICE CLOSED Happy New Year 2021
4. Teriyaki Island Chicken Brown Rice Milk	5. Baked Lemon Cod w/ Lemon Noodles Cooked Spinach Orange Milk	6. Meat Loaf Mashed Potatoes Cooked Cauliflower Mixed Berries Dinner Roll Milk	7. Turkey Casserole Warm apples Roll Milk	8. Tuna Salad Bagel Sandwich Coleslaw Pears Milk
11. BBQ Pulled Pork Sandwich Baked Sweet Potato Broccoli Banana Milk	12. Ham & Turkey Chef Salad Grapes Roll Milk	13. Tater Tot Hot Dish w/ Peas & Carrots Mixed Berries Roll Milk <i>(Deliver FZN for 1/18)</i>	14. Chicken Haystack Bowl Banana Roll Milk	15. Sausage, Egg & Potato Breakfast Scramble Warm Apples Biscuit Milk
18. OFFICE CLOSED 	19. Chicken Salad Wrap w/ Carrots, Onion, & Celery Mix Melon Mix Milk	20. Baked Ham Mashed Potatoes & Gravy Mixed Veggies Grapes Dinner Roll Milk	21. Country Fritter Steak Mashed Potatoes & Gravy Cooked Spinach Mixed Berries Roll Milk	22. Turkey Dinner Baked Sweet potato Peas & Carrots Warm Apples Bread Milk
25. Berry Salad with Diced Chicken, Blueberries, Strawberries & Feta Cheese Roll Milk	26. Sloppy Joe Tater Tots Mixed Veggies Banana Milk	27. Pork Roast Roasted Potatoes Broccoli Pears Dinner Roll Milk	28. Tuna Noodle Casserole Apple Bread Milk	29. Turkey BLT Cauliflower Salad Pineapple Milk

SEICAA Meals on Wheels operates in accordance with the policies of the U. S. Department of Agriculture, which prohibits discrimination. Any person who believes he or she has been discriminated against on the basis of race, sex, age, handicap, religion or national origin. should write to: Administration, Food & Nutrition Services, 3101 Park Center Drive, Alexandria, VA 22302.