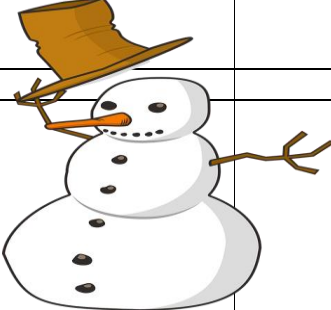


January 2022

VALLEY SENIOR SERVICES - TRAILL/STEELE MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Please call one day in advance by 2 pm Tuesday through Friday to leave reservation for a meal, for Monday call by 2 pm on Friday
Phone **636-5953** or **1-800-845-1715**

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Herb Roasted Chicken Scalloped Potatoes Diced Beets Peaches Dinner Roll 	Pork Chop W/Gravy Mashed Potatoes Stuffing Malibu Vegetables Fresh Fruit	Beef Stroganoff Egg Noodles Green Beans Fruit Cup Hershey Brownie	Cabbage Roll w/Sauce Mashed Potatoes Green Beans Peach Cobbler w/Topping Whole Wheat Bread	Salsa Chicken Breast Brown Rice Best Black Beans Tropical Fruit Rice Krispie Bar
10	11	12	13	14
Salisbury Steak Smashed Potatoes Stewed Tomatoes Applesauce Whole Wheat Bread	Creamed Turkey Mashed Potatoes Corn Fruit Cup Biscuit	Lasagna Peas & Pearl Onions Lettuce Salad w/Dressing Fresh Fruit Garlic Toast Birthday Cake for January Birthdays	Tator Tot Hotdish California Blend Vegetables Fruit Whole Wheat Dinner Roll	Ranch Chicken Breast Baby Baker Potatoes Creamy Cucumbers Fruit Cocktail Whole Wheat Dinner Roll Cookie
Martin Luther King Jr Day 17	18	19	20	21
Chili Baked Potato w/Sour Cream Mixed Vegetables Mandarin Oranges Whole Wheat Dinner Roll	BBQ Chicken Cheesy Whipped Potatoes Mixed Vegetables Pudding w/Topping Whole Wheat Bread	Country Meatballs Mashed Potatoes w/Gravy Baked Corn Pears Whole Wheat Bread	Tuna Noodle Hotdish Peas and Carrots Fresh Fruit Banana Bread Whole Wheat Dinner Roll	Bronze Pork Loin Au Gratin Potatoes Lettuce Salad Pineapple Tidbits Brownie Dinner Roll
24	25	26	27	28
Parmesan Crusted Chicken Egg Noodles w/Marinara Carrots Tropical Fruit Whole Wheat Dinner Roll	BBQ Ribs Smashed Sweet Potatoes Steamed Cauliflower Fresh Fruit Cornbread Muffin	Grilled Chicken Sandwich W/Lettuce, Tomato, Onion Whole Wheat Bun Pasta Salad Baked Beans Fruit Cocktail Cookie	Lutheran Hotdish Key West Blend Vegetables Peaches Whole Wheat Dinner Roll 	Roast Turkey w/Gravy Mashed Potatoes Roasted Carrots Apple Crisp w/Topping Whole Wheat Bread
31				
Herb Crusted Fish w/ Tartar Sauce Brown Sugar Baked Squash Creamed Peas Fresh Fruit Whole Wheat Dinner Roll				