

# JANUARY 2024

## RICHLAND COUNTY MEALS ON WHEELS & MEALS AT CENTERS

Menu Subject to Change

ALL MEALS INCLUDE 8 oz 1% MILK  
MONDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	Roast Turkey w/Poultry Gravy Mashed Potatoes Parslied Carrots Apple Whole Wheat Bread x2	Spaghetti w/Meatsauce Seasoned Green Beans Cauliflower Fresh Fruit Whole Wheat Bread	<i>Provider Choice for Holiday</i> Baked Ham Scalloped Potatoes Glazed Carrots Peach Crisp Whole Wheat Bread x2	Herb Roasted Salmon Green beans House Salad Banana Whole Wheat Bread x2
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Salisbury Steak w/Mushroom Gravy Mashed Potatoes Stewed Tomatoes Pineapple Tidbits Whole Wheat Bread x2	Chicken Kiev Brown Rice Steamed Peas Lemon Parsley Carrots Fresh Fruit Whole Wheat Bread	Hamburger on a Whole Wheat Bun w/Lettuce & Tomato Baked Beans Cauliflower Spiced Apples	Tuna Noodle Casserole Mixed Vegetables Banana Split Dessert Whole Wheat Bread	Ginger Roast Pork Warm Sweet Potato & Apple Salad Collard Greens Pears Mexican Cornbread
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
CLOSED 	Tater Tot Hotdish Corn Pears Whole Wheat Bread x2	Stir Fry Pork Brown Rice Lettuce Salad w/Dressing Steamed Baby Carrots Mandarin Oranges Whole Wheat Bread	Rosemary Orange Chicken Mashed Potatoes Maple Dijon Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	Meatloaf Mashed Potatoes Stewed Tomatoes Tropical Fruit Whole Wheat Bread x2
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Chicken Dijon Scalloped Corn Diced Beets Peaches Whole Wheat Bread x2	Chili California Blend Vegetables Apricots Zesta Saltines x2 Whole Wheat Bread	Seasoned Pork Roast Swedish Creamed Potatoes Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	Gjetost Chicken Concordia's Baby Baker Potatoes Green Beans Cinnamon Applesauce Whole Wheat Bread x2	Swedish Meatballs Mashed Potatoes w/Gravy Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread x2
<b>29</b>	<b>30</b>	<b>31</b>		
Ranch Chicken Breast (Concordias) Au Gratin Potatoes Steamed Broccoli Tropical Fruit Whole Wheat Bread x2	Cheesy Egg Bake (Concordia's) Crispy Cubed Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread x2	Lemon Pepper Fish Rice Pilaf Steamed Cabbage Parslied Carrots Apricots Whole Wheat Bread	Pasta Bake Cauliflower Tossed Salad w/Dressing Fresh Fruit Whole Wheat Bread	