

JANUARY 2024

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

	2	3	4	5
	Chicken Kiev Brown Rice Steamed Peas Lemon Parsley Carrots Fresh Fruit Whole Wheat Bread	New Years Meal <small>Provider Choice Meal</small> Baked Ham Scalloped Potatoes Glazed Carrots Peach Crisp Whole Wheat Bread x2	Spaghetti w/Meatsauce Seasoned Green Beans Cauliflower Fresh Fruit Whole Wheat Bread	Herb Roasted Salmon Green beans House Salad Banana Whole Wheat Bread x2
8	9	10	11	12
Salisbury Steak w/Mushroom Gravy Mashed Potatoes Stewed Tomatoes Pineapple Tidbits Whole Wheat Bread x2	Roast Turkey w/Poultry Gravy Mashed Potatoes Parslied Carrots Apple Whole Wheat Bread x2	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
15	16	17	18	19
CLOSED	Tater Tot Hotdish Corn Pears Whole Wheat Bread x2	Rosemary Orange Chicken Mashed Potatoes Maple Dijon Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	Stir Fry Pork Brown Rice Lettuce Salad w/Dressing Steamed Baby Carrots Mandarin Oranges Whole Wheat Bread	Meatloaf Mashed Potatoes Stewed Tomatoes Tropical Fruit Whole Wheat Bread x2
22	23	24	25	26
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 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
29	30	31		
Ranch Chicken Breast Au Gratin Potatoes Steamed Broccoli Tropical Fruit Whole Wheat Bread x2	Cheesy Egg Bake 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	