








January 2026 Menu

(Substitutions may be necessary without advanced notice.)

MON	TUES	WED	THUR	FRI
 MEALS on WHEELS CONTACT US (208) 321-0031 www.metro mealsonwheels.net			1  CLOSED NO MEALS SERVED OR DELIVERED	2 Campfire Beef Casserole Steamed Corn / Green Beans Tropical Fruit / Cornbread Milk
5 Country Fried Steak w/Country Gravy Mashed Potatoes Peas & Carrots / Applesauce Hawaiian Roll / Milk	6 Mustard Dill Salmon Long Grain & Wild Rice Dilled Carrots / Broccoli Mandarin Oranges WW Roll / Milk	7 Sherry Mushroom Chicken Bowtie Noodles Chateau Veggies Brussel Sprouts / Fresh Fruit Baci Roll / Milk	8 Chicken Tenders Red Roasted Potatoes Broccoli & Cauliflower Peaches / Baci Roll Milk	 9 Sweet & Sour Pork Brown Rice Stir Fry Veggies / Baby Carrots Coleslaw / 9 Grain Bread Milk
12 Alpine Burger w/Bun Red Roasted Potatoes Parslied Carrots  Fresh Fruit Milk	13 Spaghetti w/Meat Sauce Parslied Cauliflower Sugar Snap Peas Green Salad / French Bread Milk	14 Roast Pork w/Mushroom Gravy Mashed Potatoes Roasted Butternut Squash Applesauce / WW Roll Milk	15 BBQ Chicken Wings Sweet Potatoes Baby Carrots Scalloped Apples Baci Roll / Milk	16 Lemon Herb Fish Rice Pilaf Beets Broccoli & Cauliflower Pears / Breadstick Milk
19  CLOSED NO MEALS SERVED OR DELIVERED	20 Polish Sausage w/Sauerkraut Baked Beans Stewed Tomatoes Pears / WW Bun Milk 	21 Chicken Penne Alfredo Broccoli / Mixed Veggies Green Salad Breadstick Milk	22 Roast Beef w/Brown Gravy Mashed Potatoes Beets / Banana 9 Grain Bread Milk	 23 Cranberry Meatballs Rice Pilaf / Green Beans Parslied Cauliflower Peaches / Cornbread Milk
26 Mediterranean Chicken Skillet Dilled Baby Carrots Spiced Peaches French Bread / Milk 	27 Stuffed Chicken Roasted Potatoes Capri Veggies Green Salad Baci Roll / Milk	28 Herb Crusted Salmon Rice Pilaf Peas / Parslied Cauliflower Mandarin Oranges WW Roll / Milk	29 Smothered Pork Chop Sweet Potatoes Carrots / Asian Veggies Coleslaw / Hawaiian Roll Milk	30 Salisbury Steak Mashed Potatoes Chateau Veggies Pineapple Tidbits WW Roll / Milk