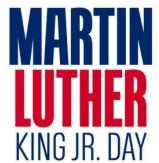


# January 2026 Menu

(Substitutions may be necessary without advanced notice.)

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