January 2022 **AGING PROJECTS, INC.** **MEALS ON WHEELS/FRIENDSHIP MEALS** **21 - SERVING DAYS**

Mon	Tue	Wed	Thu	Fri
3 Chicken & cheese casserole 8 oz Hot buttered beets 4 oz Mediterranean salad 4 oz Mandarin oranges 4 oz Garlic bread milk	4 Swiss steak Baked potato/margarine Green beans 4 oz Applesauce 4 oz Bread milk	5 Chicken salad 4 oz on a Bun Broccoli cheese soup 6 oz Crackers-2 Strawberries 4 oz Brownie milk	6 Mexican lasagna Confetti rice 4 oz Combination salad 4 oz Salad dressing Peaches 4 oz milk	7 Scalloped pot & ham 8 oz Spinach 4 oz Mixed fruit 4 oz Pineapple crisp Wheat bread milk
10 Ham & beans 8 oz Potatoes & onions 4 oz Parslied carrots 4 oz Glazed blueberries 4 oz Cornbread milk	11 Hot turkey casserole 8 oz 3 Bean salad 4 oz Pears 4 oz Fruit in cherry gelatin 4 oz milk	12 Cheeseburger soup 8 oz Crackers-2 Broccoli/carrot salad 4 oz Banana Peanut butter cookie milk	13 Oven fried chicken Cabbage au gratin 4 oz Mixed vegetables 4 oz Peaches 4 oz White cake Wheat roll milk	14 Goulash 8 oz Combination salad 4 oz Salad dressing Mandarin oranges 4 oz Garlic bread milk
17 Liver & onions in gravy OR Beef cutlet in gravy Mashed pot 4 oz with gravy Parslied carrots 4 oz Blushing pears 4 oz Roll milk	18 Mexican pork stew 8 oz Hominy 4 oz Green beans 4 oz Pineapple 4 oz Cinnamon roll milk	19 Creamy chicken & veggie casserole 8oz Pickled beets 4 oz Mandarin oranges 4 oz Bread milk	20 Tater tot casserole 8 oz Combination salad 4 oz Dressing Spiced peaches 4 oz Wheat roll milk	21 Sausage patty w/gravy or Sausage gravy over a Biscuit Potato o brien 4 oz Parslied carrots 4 oz Strawberries 4 oz milk
24 Chicken pot pie 8oz (biscuit) Stewed tomatoes 4 oz Cranberry sauce 4 oz Pears 4 oz milk	25 Tuna patty w/tartar sc. Creamed peas 4 oz Cabbage salad 4 oz Peaches 4oz Roll milk	26 Beef roast 3 oz Mashed pot4 oz with Gravy Green beans f4 oz Mixed fruit 4 oz Bread milk	27 BBQ pork 4 oz on a Bun Potato wedges 4 oz Cauliflower bean salad 4 oz Apricots 4 oz Oatmeal crispie milk	28 Prairie chicken soup 8 oz Broccoli raisin salad 4 oz Applesauce 4 oz Orange juice 4 oz Wheat bread milk
31 Taco salad Salsa (lettuce, tomato, cheese, chips) Mexican rice 4 oz Strawberries 4 oz Bread pudding milk	Birthday Day - January 13th Choice Day - January 17th Circled Days - meals that freeze well		Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher	