

Apple of My Heart Nutrition Home Delivered Menu January 2013

Monday		Wednesday		Friday
Hot Meal		Hot Meal		Hot Meal
Cold Meal		Cold Meal		Cold Meal
		<b>January 2, 2013</b> Egg Salad Whole What Bread (2) Lentil Soup Bell Pepper Slices Mandarin Oranges		<b>January 4, 2013</b> Brown Bag Lunch will be served due to the Holiday. Ravioli w/ Meat Sauce Bread Stick Green Beans Lettuce Salad Pears in JELL-O
<b>January 7, 2013</b> Baked Turkey Cutlet Mashed Sweet Potatoes Mixed Vegetables Banana		<b>January 9, 2013</b> Pork Chop & Apples Brown Rice Peas and Carrots Pickled Beets		<b>January 11, 2013</b> Cheeseburger Whole Grain Bun Lettuce, Tomato, Onion Creamy Coleslaw Tater Tots Peaches Chef Salad (meat, cheese egg, tomato) / Dressing Whole Grain Crackers Bean & Bacon Soup Tropical Fruit
<b>January 14, 2013</b> Pineapple Baked Ham Parslied Potatoes Whole Grain Roll Brussel Sprouts Pineapple		<b>January 16, 2013</b> Beef Stew w/ Potatoes & Carrots Biscuit Buttered Corn Baked Cinnamon Apples		<b>January 18, 2013</b> Baked Cod Wild Rice Broccoli Marinated Cucumber Salad Plums Chicken Salad Sandwich Lettuce & Tomato Carrot Sticks Pea Salad Mixed Fruit
<b>January 21, 2013</b> <i>Friday January 18 - Cold Meal</i>		<b>January 23, 2013</b> Meatloaf Au Gratin Potatos Cooked Cabbage Fruit Salad		<b>January 25, 2013</b> Hot Meal Black Bean & Veggie Soup Nacho Chips Cottage Cheese Salad Greens/Dressing Mango
<b>January 28, 2013</b> Chicken & Dumplings Peas & Carrots Bell Pepper Slices Mixed Fruit		<b>January 30, 2013</b> Chili w/ Meat & Beans Whole Grain Crackers Green Beans Grape Salad		Hot Meal Mexican Chicken Brown Rice Corn & Black Bean Salad Cherry Crisp Hot Roast Beef Kaiser Roll Mashed Potatoes & Gravy Broccoli Salad Oranges Suggested Donation: \$3.00 However, no one requesting a meal will be denied meal services. milk is served with each meal.
<b>January 21, 2013</b> Martin Luther King's Birthday! Agency Closed. 2 Meals will be served Friday January 18				

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