



Meals on Wheels – January 2019

Highland Senior Services
 (540) 468-2178
 harmony@vpas.info
Bath Senior Center
 (540) 839-5604

Prepared meals (with the film left on the top) can be reheated in the oven at or below 400 degrees or in the microwave oven.
 Please call the Kitchen (540) 468-1975 at least 24 hours in advance if you will not be home to receive your meals.

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| In order to provide a balanced meal, our menu features milk each day, and often a bread selection. | 1  | 2 Chicken and Rice Casserole Spinach Zucchini with Tomatoes Fruit | 3 Potato Crunch Pollack Baked Cheese Grits Pinto Beans Peas Peach Slices | 4 Spaghetti with Marinara Broccoli Tossed Salad Fruit |
| 7 Sliced Ham Baked Sweet Potatoes Broccoli Macaroni Salad Fresh Salad | 8 Salisbury Steak Mashed Potatoes Carrots Fruit Oatmeal Cookie | 9 Turkey Sage Dressing Succotash Cauliflower Au Gratin Fruit Dessert | 10 Macaroni & Cheese Baked Beans Peas Mixed Green Salad Fruit | 11 Barbequed Chicken Collard Greens Baked Beans Fruit |
| 14 Meatloaf with Tomato Gravy Brown Rice Glazed Carrots Peas Fruit | 15 Baked Ziti Tuscan Bean Salad Mixed Green Salad Hot Fruit Cookie | 16 Pork Barbeque Sandwich Black Beans Coleslaw Hot Peaches | 17 Lemon Pepper Chicken Sage Dressing Broccoli Mixed Vegetables Fruit | 18 Managers Choice |
| 21 Martin Luther King Day Kitchen closed. No meal delivery. VPAS office closed. | 22 Pepper Steak with Gravy Baked Cheese Grits Corn Green Beans Orange | 23 Hamburger on a Bun Lettuce, Tomato, Onion Baked Beans Berry Crisp | 24 Baked Fish Filet Rice Pilaf Black Beans Malibu Blend Veggies Fruit | 25 Pork Loin Sauce Robert Sweet Potato Chunks Spinach Fruit Oatmeal Cookie |
| 28 Braised Pork Tips Rice Pilaf Sliced Carrots Brussels Sprouts Fruit | 29 Chicken Noodle Casserole Lima Beans Stewed Tomatoes with Zucchini Fruit | 30 Pinto Beans with Ham Greens Mixed Vegetables Cornbread Fruit | 31 Chicken Salad Salad Beets Potato Salad Fruit Brownie | |