



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

Meals on Wheels – 2019

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. This menu applies to daily home-delivered meals only.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Tenders Baked Beans Peas & Carrots Mandarin Oranges	3 Meatloaf w/ Apple Brown Gravy Potatoes Stewed Tomatoes Fruit #44	4 Spaghetti w/ Meat Sauce Broccoli Tossed Salad Baked Pears	5 Baked Pollock Fish Brown Rice Pinto Beans Collard Greens Fruit	6 Home Style Chicken Stew Green Beans Baked Apples w/raisins #656
9 Sliced Ham Baked Sweet Potatoes Broccoli Macaroni Salad Fresh Fruit	10 Turkey w/ CranRaspberry Sauce Zucchini & Corn Broccoli, Cauliflower, & Red Bean Medley Fruit #72	11 Pork BBQ Sandwich Black Beans Coleslaw Hot Peach Crisp	12 Salisbury Steak Mashed Potatoes Brussel Sprouts Fruit Oatmeal Cookie	13 Sweet & Tangy BBQ Pork Riblet Baked Beans Corn w/red peppers Fruit #87
16 Meatloaf Brown Rice Mixed Veg. Broccoli Orange	17 Vegetarian Chili Pinto Beans Carrot Blend Fruit #105	18 Turkey Sage Dressing Succotash Spinach Fruit	19 Chicken Salad Mixed Green Salad Pasta Salad Salad Beets Fruit	20 Pulled Pork Black Beans Peas & Carrots Fruit Muffin #546
23 Lasagna Mixed Green Salad Malibu Mixed Veg Hot Fruit	24 Hamburger Patty Au Jus Potato Wedges Carrots Fruit #712	25 Lemon Pepper Chicken Rice Pilaf Broccoli Mixed Veg Fruit	26 Baked Fish Fillet Sweet Potatoes Black Beans Fruit	27 Mac & Cheese w/Chicken Chorizo Pinto Beans Carrots Fruit #107
30 Pinto Beans w/Ham Collard Greens Mixed Veg. Fruit Cornbread				In order to provide a balanced meal, our menu features milk each day, and often a bread selection.