

(816)270-4100 MENU for PSSI MOW/Home-Delivered Meals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED 	3 Swiss Steak w/Tomato Mashed Potatoes Peas & Carrots Apple Slices WG Multigrain Bread Tapioca Pudding	4 BBQ Chicken Prince Edward Mix Potato Salad Tropical Fruit Mix WG Hamburger Bun	5 Chicken Fried Rice Stir Fry Vegees Coleslaw Pineapple Mango Mix WG Bread	6 Beef-mac/casserole Scandinavian vegees Vanilla Wafers Banana Pudding Wheat bread
9 Fish (Breaded) Coleslaw Spinach Citrus Fruit Mix Corn Muffin Tartar Sauce Vinegar	10 Beef Pattie Tossed Salad Steak Fries Banana WG Hamburger Bun 1000 Island Dressing Ketchup & Mustard	11 Swedish Meatballs Rice and Brown gravy Stewed tomatoes Green beans Fruit Delight WG Dinner Roll Oatmeal/Raisin cookie	12 Meatloaf Brown Gravy Country blend vegees Mashed Potatoes Pears/Strawberries Wheat Dinner Roll	13 Whole grain Mostaccoli w/meat sauce Italian vegees Tossed Salad Pineapple/Mango Mix Italian dressing Graham crackers
16 CLOSED 	17 Scrambled Eggs Turkey Sausage Hash Browns Oatmeal Square Applesauce WG Biscuit	18 Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Pinto Beans Orange Nacho Light Chips Taco Sauce	19 Diced Chicken Cheddar Cheese Lettuce/Tom/Carrots Chuckwagon Corn Stewed Apples WW Tortilla Ranch & Taco Sauce	20 Sloppy Joes Potato Salad Carrots Apple Slices WG HB Bun
23 Tilapia, Battered Creamy Coleslaw Sweet Potatoes Peaches/Strawberries WG White Bread Oatmeal/Raisin Cookie Tartar Sauce Vinegar	24 Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Citrus Fruit Mix Wheat Dinner Roll	25 Beef stew w/vegees Tossed Salad Banana WG Biscuit Ranch Dressing	26 Chili / Beans Cheddar Cheese Salad/Tom/Carrots Peach Cobbler Wheat crackers French Dressing	27 Chicken Oven Fried Gravy (LS Chicken) Mashed Potatoes Green Beans Orange Cake Ice Cream Wheat Dinner Roll
30 Seas. Chicken Breast Potatoes Au Gratin Root Vegees & Kale Pineapple/Mango Mix Multigrain Bread	31 Tuna Noodle Casserole Cauliflower/Peas Cucumber/Onion Sal. Banana WG Wheat Bread	Margarine & 1% Milk served w/all meals 	 Happy New Year!	

Menu is subject to change; substitutions may be made if approved by dietician.