

# JANUARY 2025

## THURSDAY JAN 2

Tomato soup  
Sweet & sour meatballs  
Scalloped potatoes  
Squash

## TUESDAY JAN 7

Caesar salad  
Chili  
Corn bread  
Whipped Potatoes

## THURSDAY JAN 9

Potato dill soup  
Turkey pot pie  
Roasted brussels sprouts  
Bun

## TUESDAY JAN 14

Classic borscht soup  
Sausages  
Perogies with sour cream  
Peas

## THURSDAY JAN 16

Mixed greens salad  
Maple glazed salmon over rice  
Green beans

## TUESDAY JAN 21

Cream of cauliflower soup  
Meatballs with gravy  
Mashed potatoes  
Peas

## THURSDAY JAN 23

Coleslaw  
Frikadellen with mashed potatoes  
Honey roasted parsnips

## TUESDAY JAN 28

Tossed salad  
Chicken Parmesan over noodles  
Corn

## THURSDAY JAN 30

Cream tortellini soup  
Beef stir fry over rice  
Beets

DESSERTS  
WITH EVERY  
MEAL!

Menu items may vary on occasion due to availability and circumstances beyond our control.

# Our Programs

## FROZEN

Our homestyle frozen meals can be heated in your oven or microwave so they're ready when you are!

## TRANSPORTATION

We have volunteer drivers available for long distance and local trips for medical appointments, shopping or social activities. Our Mobility Van is also available for those with assistive devices.

## HOUSEHOLD MANAGEMENT

We can provide assistance with routine household tasks such as meal prep, laundry, light housekeeping or small one-time chores such as yard work and snow removal.

## Reheating Instructions NEVER use a toaster oven!

### TO REHEAT SLIT FILM

Microwave:  
2-3 min on  
high

OVEN:  
350 for 10 min

### FROM FROZEN SLIT FILM

Microwave:  
5-7 min on high

Oven:  
350 for 30 min



COMMUNITY CARE  
FOR CENTRAL HASTINGS

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Meals on Wheels

# JANUARY Menu

