



MEALS on WHEELS
WAKE COUNTY



JANUARY MENU - Oink n Moo				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/2 CLOSED - 1/30	1/3 & 1/31	1/4	1/5	1/6
Chicken Caesar Wrap, Fruit, Corn Salad	Pulled Pork w/ Yellow Rice, Broccoli, Fruit Salad, Yeast Roll	Ravioli in Tomato Sauce w/ Onion & Peppers; Garlic Bread; Fruit	Beef Stir Fry w/ Mixed Vegetables, Rice, Fruit, Bread	Turkey & Vegetable Soup w/ Noodles, Cornbread
Special	Special	Special	Special	Special
Loaded Salad w/ Chickpeas, GF Croutons, Light Dressing, Fruit, GF Bread	BBQ Jackfruit, Yellow Rice, Broccoli, Fruit Salad, GF Bread	GF Cheese Ravioli w/ Onion & Peppers, GF Garlic Bread, Fruit	Vegetarian Stir Fry w/ Walnuts, Rice, Fruit, GF Bread	Vegetable & Bean Soup w/ GF Noodles; GF Bread
1/9	1/10	1/11	1/12	1/13
Turkey & Cheese Wrap w/ Lettuce & Tomatoes, Broccoli Salad, Baked Beans	Apple Pecan Chicken Salad Sandwich on Croissant; Carrots & Peas; Apple Cobbler	Sausage & Egg Burrito w/ Peppers, Grits, Berries	BBQ Chicken w/ Green Beans & Rice, Fruit Salad, Corn	Sesame Chicken w/ Lo Mein Noodles, Broccoli & Peppers, Bread
Special	Special	Special	Special	Special
Beyond Meat "Sausage" w/ Peppers & Onions & Slaw on Bun, Pears, Baked Beans	Chickpea Salad on GF Bread; Carrots & Peas; Baked Apples	Egg & Cheese Burrito w/ Peppers, Grits, Berries	BBQ "Chik'n" w/ Green Beans & Rice, Fruit Salad, Corn	Vegetable Stir Fry w/ Almonds & GF Noodles, Fruit, GF Bread
1/16	1/17	1/18	1/19	1/20
Closed to Honor Martin Luther King Jr	Turkey Chili w/ Baked Potato, Mandarin Oranges, Green Beans, Biscuits	Baked Spaghetti w/ Ground Beef, Corn, Broccoli, Roll	Breakfast Casserole w/ Ham & Potatoes, Grits, Peppers & Onions, Fruit Muffin	Chicken Parmesan w/ Noodles in Marinara Sauce, Zucchini, Baked Apples
	Special	Special	Special	Special
	Vegetarian chili, w/ Baked Potato, Mandarin Oranges, Green Beans, GF Bread	GF Spaghetti w/ Beef Substitute, Corn, Broccoli, GF Roll	Breakfast Casserole w/ Potatoes, Peppers & Onion, Fruit Muffin	"Chik'n" Patty Sandwich w/ Lettuce & Pickle on GF Bread; Potato Salad; Baked Apples
1/23	1/24	1/25	1/26	1/27
Italian Wedding Soup w/ Meatballs & Vegetables, Breadsticks, Salad	Roast Beef, Mashed Sweet Potatoes, Green Beans & Corn, Cornbread	Breakfast Quiche w/ Spinach & Peppers, French Toast Sticks, Berries	Chicken Tenders, Cabbage, Butter Beans, Fruit Salad, Roll	Smothered Pork Chops, Roasted Mixed Vegetables, Rice, Apple Cobbler
Special	Special	Special	Special	Special
Wedding Soup w/ Meatless Balls & Vegetables, GF Bread, Salad	Vegetarian Sloppy Joe, Mixed Vegetables, Baked Apples, GF Bread	Breakfast Quiche w/ Spinach & Peppers, French Toast Sticks, Berries	"Chik'n" Tenders, Cabbage, Butter Beans, Fruit Salad, GF Roll	Smothered "Pork" Chops, Roasted Mixed Vegetables, Rice, Apple Cobbler

***** Items containing seafood are printed in red *****

You MUST reserve your meal in the kiosk