

**Meals on Wheels Roseburg "The Friendly Kitchen"**

**January-2019**

*Menu subject to change without notice.*

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center"><b>Join us in our dining room 11-12:00</b>  <b>1771 W. Harvard Ave.</b>  <b>(541)673-5929</b></p>	<p>1</p> <p><i>Happy New Year!</i>  <i>Welcome 2019!</i></p>	<p>2</p> <p><b>Pork Sir Fry</b>  <b>Brown Rice</b>  <b>Greens and Fruit Slaw</b></p>	<p>3</p> <p><b>Chicken Tikka Masala</b>  <b>Mashed Lentils</b>  <b>Roasted Cailiflower</b>  <b>Spinach Salad and Fruit</b></p>	<p>4</p> <p><b>Salisbury Steak</b>  <b>Mashed Potatoes</b>  <b>Lima Beans</b>  <b>Green Salad, Apples</b></p>
<p>7</p> <p><b>Cheesy Noodle Beef</b>  <b>Italian Blend, Salad</b>  <b>Cottage Cheese &amp; Fruit</b></p>	<p>8</p> <p><b>Turkey Vegetable Soup</b>  <b>Egg Salad, Lettuce</b>  <b>Bread or Roll</b></p>	<p>9</p> <p><b>Fish VeraCruz</b>  <b>Brown Rice, Spinach</b>  <b>Corn salad &amp; Fruit</b></p>	<p>10</p> <p><b>Pork Meatloaf Ball</b>  <b>Peas/Red cabbage</b>  <b>Sweet Potatoes &amp; Apples</b></p>	<p>11</p> <p><b>Biscuits and Gravy</b>  <b>Green Beans</b>  <b>Granola &amp; Yogurt</b></p>
<p>14</p> <p><b>Turkey a la King</b>  <b>Rice, Country Trio</b>  <b>Green Salad</b></p>	<p>15</p> <p><b>BBQ Pulled Pork</b>  <b>Baked Yams</b>  <b>Green Beans, Fruit, Roll</b></p>	<p>16</p> <p><b>Baked Chicken Stew</b>  <b>English Pea Salad</b>  <b>Biscuit, Fruit</b></p>	<p>17</p> <p><b>Braised Pork Ribs</b>  <b>Cooked Cabbage, Squash</b>  <b>Macaroni Salad, Fruit</b></p>	<p>18</p> <p><b>Roast Beef</b>  <b>Potatoes, Green Beans</b>  <b>Carrot Raisin Salad, Fruit</b></p>
<p>21</p> <p><b>Spaghetti</b>  <b>Capri Vegetables</b>  <b>Bread, Green Salad</b></p>	<p>22</p> <p><b>Chic./Bean Enchilada</b>  <b>Rice, Broccoli</b>  <b>Fruity Slaw, Bread</b></p>	<p>23</p> <p><b>Turkey Tetrzzini</b>  <b>Green Beans, Squash</b>  <b>Waldorf Salad, Roll</b></p>	<p>24</p> <p><b>Vegetable Pistou Soup</b>  <b>Tuna Salad, lettuce</b>  <b>Bread</b></p>	<p>25</p> <p><b>Chicken Rainbow Rice</b>  <b>Buttered Peas, Squash</b>  <b>Green Salad, Roll</b></p>
<p>28</p> <p><b>Chicken Alfredo</b>  <b>Cascade Blend veggies</b>  <b>Green Salad, Applesauce</b></p>	<p>29</p> <p><b>Chili Con Carne</b>  <b>Cheese/Green onion</b>  <b>Muffin &amp; Fruit</b></p>	<p>30</p> <p><b>Sweet Sour Pork</b>  <b>Rice, Broccoli</b>  <b>Carrot Salad &amp; Oranges</b></p>	<p>31</p> <p><b>Porcupine Sliders</b>  <b>Roll</b>  <b>Baked Beans &amp; Cole Slaw</b></p>	<p><b><i>A donation of \$3.25 per meal is greatly appreciated for those who can contribute.</i></b></p>