

Monthly Menu Planner

Meals on Wheels

For the month of:
JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 VEGETABLE SOUP MEAT-STEW POLENTA GREEN CUT BEANS	2 CHICKEN-SOUP ROASTED CHICKEN ROAST-POTATO MIXED-VEGETABLE
5 LENTIL-SOUP CHOPPED-STEAK MASHED-SWEET POTATO CUT GREEN BEANS	6 TOMATO-SOUP CHICKEN-BALLS PASTA GREEN-PEAS	7 PARSNIP-SOUP BAKED-SALMON RICE MIXED-VEGETABLE	8 CREAM OF MUSHROOM MEAT-LASAGNA X2-MIX-VEGETABLE	9 CHICKEN-SOUP ROASTED CHICKEN ROAST-POTATO MIXED-VEGETABLE
12 CAULIFLOWER-SOUP MEAT-STEW POLENTA GREEN CUT BEANS	13 PARSNIP-SOUP CHICKEN-LOAF MILET&SQUASH MIXED-VEGETABLE	14 CABBAGE-BORSCHT BAKED-FISH KASHA MIXED-VEGETABLE	15 MUSHROOM-BARLEY SHEPARD'S-PIE PEAS CARROT	16 CHICKEN-SOUP ROASTED CHICKEN ROAST-POTATO MIXED-VEGETABLE
19 POTATO LEEK SOUP MEAT-BALLS PASTA BEETS	20 BUTTERNUT SQUASH CHICKEN-PATTY MASHED-SWEET POTATO CARROTS	21 VEGETABLE SOUP TUNA-PATTY ROAST-SWEET POTATO CARROTS	22 PEA-SOUP MEAT-LOAF MAHED POTATO CARROTS	23 CHICKEN-SOUP ROASTED CHICKEN ROAST-POTATO MIXED-VEGETABLE
26 LENTIL-SOUP CHOPPED-STEAK MASHED-SWEET POTATO CUT GREEN BEANS	27 PARSNIP-SOUP HAWAIIAN CHICKEN RICE MIXED-VEGETABLE	28 CREAM OF MUSHROOM SALMON-FISH-BALLS ROAST-POTATO CUT GREEN BEANS	29 CABBAGE-BORSCHT MEAT-BALLS PASTA BEETS	30 CHICKEN-SOUP ROASTED CHICKEN ROAST-POTATO MIXED-VEGETABLE