





Week 4



Monday Jan. 30 & Feb. 27

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Montreal Chicken Thigh		Roast Beef with Gravy



Tuesday Jan. 31 & Feb. 28

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Mushroom Baked Pork Chop		Lemon Pepper Cod



Wednesday Feb. 1 & Mar. 1

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Salisbury Steak		Broccoli and Cheese Stuffed Pepper

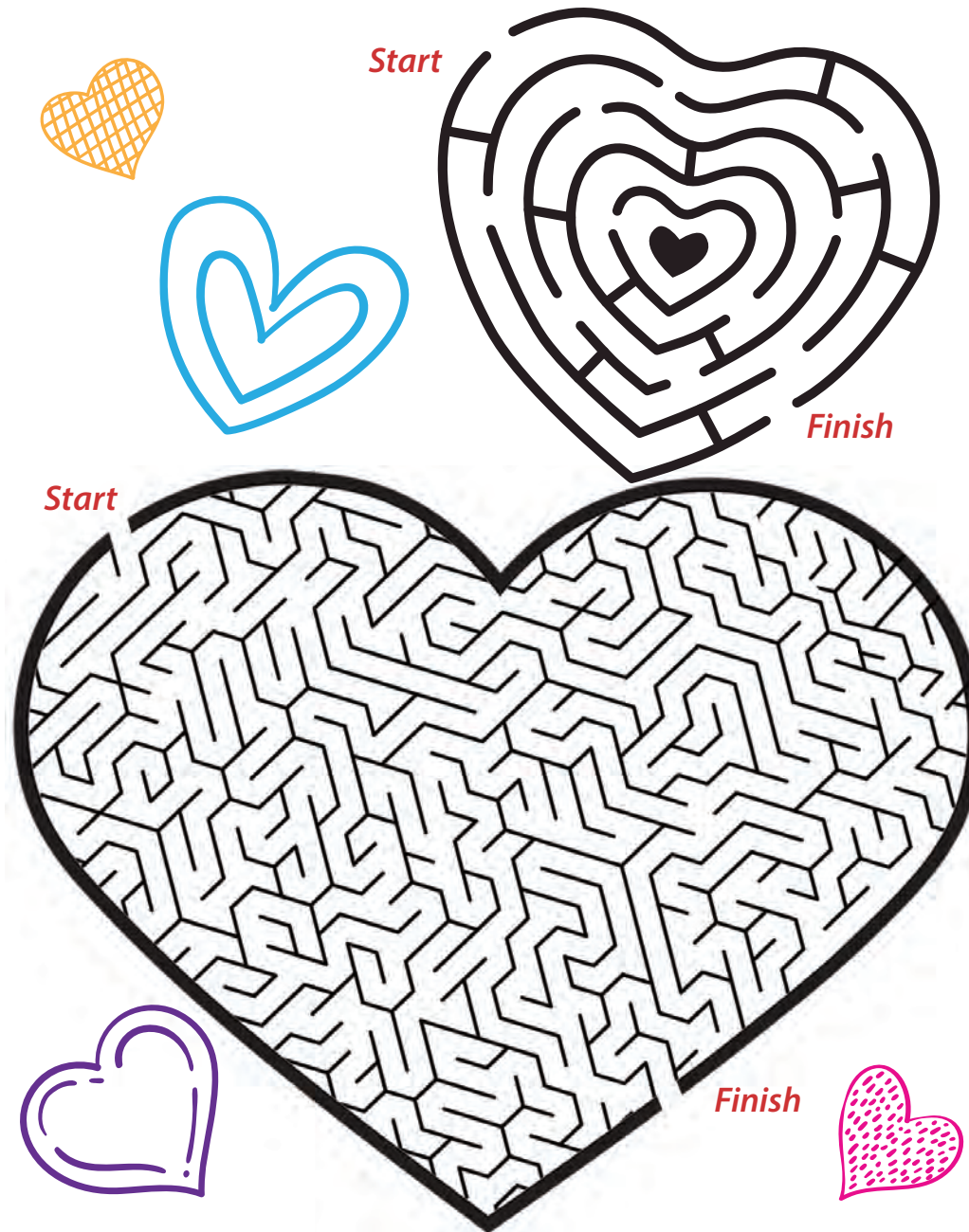
Thursday Feb. 2 & Mar. 2

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Pork Tenderette		Turkey Burger

Friday Feb. 3 & Mar. 3

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> ♥	
Chicken Chimichanga		Open Faced Tuna Melt

You are A-MAZE-ING!



Call or email Meals On Wheels at:
920-451-7011

clientservices@freshmealsonwheels.org



1004 S. Taylor Drive • Sheboygan, WI 53081
920-451-7011 • FreshMealsOnWheels.org

NAME: _____ RT: _____



January 9, 2023 - March 3, 2023

MENU

Your new choice menu will start Monday, Jan. 9. Please call with your choices as soon as possible to allow us enough time to enter it into our system.

Call ahead if you need to cancel a meal.

If you need to cancel a meal, call us no later than 9 a.m. the business day before your cancellation. If you cancel after this deadline, you will be charged for the meal.

Let us know if you won't be home for delivery.

If you won't be home for a delivery, please call us. We can leave it in your refrigerator, deliver it to a neighbor, or make other arrangements. If we haven't heard from you, we will call your emergency contact and, if necessary, ask the police to do a wellness check.

To make your selections:

1. Choose either option A or option B for each day listed.
♥ = Heart Healthy Choice
2. Call Meals On Wheels at 920-451-7011 to give us your meal choices.
3. Keep this menu for future reference.

If you'd rather not call with your selections, you may give your completed menu to the driver at your next delivery.

If we don't receive your choices before the menu start date, you will receive option A until we do.

If you have any questions, or know someone else who needs meals call us at 920-451-7011.

Enjoy your meals!

Meals and delivery are subject to change without notice.



Week 1

Monday

Jan. 9 & Feb. 6



BBQ Shredded Beef

Choose One

A

B



Old Bay Cod

Tuesday

Jan. 10 & Feb. 7



Smothered Chicken

Choose One

A

B



Santa Fe Casserole

Wednesday

Jan. 11 & Feb. 8



Brat

Choose One

A

B



Salmon Patty

Thursday

Jan. 12 & Feb. 9



Beef and Broccoli

Choose One

A

B



Caprese Chicken

Friday

Jan. 13 & Feb. 10



Honey Mustard Ham

Choose One

A

B



Lemon Dill Pollock

Week 2

Monday

Jan. 16 & Feb. 13



Pesto Chicken

Choose One

A

B



Sloppy Joe

Tuesday

Jan. 17 & Feb. 14



Cheeseburger

Choose One

A

B



Asian Salmon Filet

Wednesday

Jan. 18 & Feb. 15



Chicken Pot Pie

Choose One

A

B



Ham Loaf with Raisin Sauce

Thursday

Jan. 19 & Feb. 16



Honey Mustard Pulled Pork

Choose One

A

B



Veggie-Hash Egg Bake

Friday

Jan. 20 & Feb. 17



Tater Tot Casserole

Choose One

A

B



Haddock with Tomato

Week 3

Monday

Jan. 23 & Feb. 20



BBQ Chicken

Choose One

A

B



Pork Chop with Sauerkraut

Tuesday

Jan. 24 & Feb. 21



Shepherd's Pie

Choose One

A

B



BBQ Chicken Meatballs

Wednesday

Jan. 25 & Feb. 22



Pork Spare Rib

Choose One

A

B



Garlic Butter Pollock Filet

Thursday

Jan. 26 & Feb. 23



Cabbage Roll Casserole

Choose One

A

B



Black Bean Quesadilla

Friday

Jan. 27 & Feb. 24

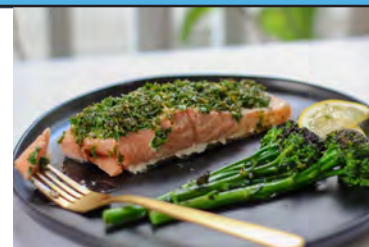


Chicken Paprika

Choose One

A

B



Herb Crusted Salmon