

MOW NUTRITION Weatherford

# January 2022

Sandy Williams, Site Manager  
 For Reservations call 772-1193  
 Call before 9:00 a.m.  
 Or you can call the day before.

Note: Suggested donation for  
60 years or Older is \$3.00  
 Meal Cost for under 60 - \$7.00  
 (Menus Are Subject To Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Pork Cutlet w/Gravy Black Eyed Peas Marinated Carrots Corn Muffin Cherry Applesauce	<b>4</b> Spaghetti/Meat Sauce Winter Blend Vegetables Tossed Salad Garlic Toast Rice Pudding w/Raisins	<b>5</b> Chicken Enchilada Casserole Chips Green Peas Creamy Slaw Mixed Fruit	<b>6</b> Cheeseburger Baked Beans Assorted Relishes Snickerdoodle Cookies	<b>7</b> Ham & Scalloped Potatoes Peas and Carrots Cucumber & Onion Salad Cornbread Pineapple
<b>10</b> Salisbury Steak Mashed Potatoes/Gravy California Blend Vegetable Whole Wheat Roll Apple Cobbler	<b>11</b> Oven Fried Chicken Corn Casserole Spinach Hot Roll Strawberry Jell-O w/Fruit	<b>12</b> No Food Service CLOSED FOR TRAINING PIONEER CENTER WILL BE OPEN FOR ACTIVITIES	<b>13</b> Hot Turkey Sandwich Candied Sweet Potatoes Sweet 'N Sour Green Beans Fruit Crisp	<b>14</b> Smoked Sausage w/Peppers and Onions Hashbrown Potatoes Carrot Raisin Salad Biscuit Pudding
<b>17</b> <b>CLOSED</b> for Martin Luther King Jr Day	<b>18</b> Beef-Pepper-Rice Cass Corn Roasted Cauliflower Cornbread Layered Pumpkin Dessert	<b>19</b> Chili with Beans Combination Salad Pears Saltine Crackers Brownie	<b>20</b> Chicken & Noodles Glazed Carrots Pea Salad Bran Muffin Hot Cinnamon Apples	<b>21</b> Steak Fingers/Gravy Baked Potato Spinach Hot Roll Pudding
<b>24</b> Ham Salad Sandwich Southwest Chicken Soup Coleslaw Tortilla Chips Mandarin Oranges	<b>25</b> Chicken Fritter/Gravy Hashbrown Potato Cass. Green Beans Hot Roll Peach Cobbler	<b>26</b> Vegetable Beep Soup Marinated Cucumber 'N Onions Cornbread Cinnamon Roll	<b>27</b> Hobo Dinner w/Potatoes, Carrots, Onions Peaches/Cottage Cheese Hot Roll Pudding	<b>28</b> Ham and Beans Oven Fries Tomato Spoon Relish Mexican Cornbread Cranberry Jell-O Dessert
<b>31</b> Bar B Que Riblett Mashed Potatoes/Gravy Coleslaw Hot Roll Gingerbread/Caramel Sauce				