



# Lunch menu

## January 2025

### REMINDERS

- You must be home to receive your meal(s) upon delivery.
- Please call our office at least two days prior if you know you will not be home.
- When possible, please ask family members, friends or neighbors to report all hospitalizations and nursing home placements.

Monday	Tuesday	Wednesday	Thursday	Friday
		Chicken tetrazzini <b>1</b> Baby carrots Snap green beans Brownie Beverage	Sausage with peppers and onions <b>2</b> Scalloped potatoes Field peas Sliced peaches Beverage	Beef stroganoff with noodles <b>3</b> Vegetable medley Steamed mixed cabbage Chocolate-chip cookie Beverage
Sheppard's pie <b>6</b> Green beans Whole-wheat roll Peach crisp Beverage	Barbeque pulled pork with bun <b>7</b> Cole slaw Baked beans Spiced pears Beverage	Lasagna w/ meat sauce <b>8</b> Sliced carrots Broccoli Garlic bread Fruit cocktail Beverage	Baked chicken w/gravy <b>9</b> Collard greens Field beans Yellow rice Diced peaches Beverage	Cheeseburger w/bun <b>10</b> Tator tots Vegetable medley Lettuce, tomato Cookie Beverage
Salisbury steak w/gravy <b>13</b> Scalloped potatoes Brussel sprouts Whole-wheat roll Fruit cocktail Beverage	Chicken parmesan w/spaghetti noodles <b>14</b> Green beans Peach cobbler Beverage	Smothered pork patty <b>15</b> Green peas Mashed potatoes Roll Fresh fruit Beverage	Beef and broccoli stir-fry <b>16</b> Sliced carrots Yellow rice Pineapple & cheese salad Beverage	Baked lemon chicken <b>17</b> Collard greens Squash casserole Cornbread Gelatin with fruit Beverage
Meatloaf with gravy <b>20</b> Green beans Macaroni and cheese Cookie Beverage	<b>Wexford Irish Pub's 21</b> Corned beef and cabbage Au gratin potatoes Whole-wheat roll Spiced apples Beverage	Chicken and dumplings <b>22</b> Spinach Sliced carrots Banana pudding Beverage	Lemon-pepper fish <b>23</b> Okra and tomatoes Grits Tartar sauce Fresh fruit Beverage	Beef stew with potatoes <b>24</b> onions and carrots Green beans Whole-wheat roll Berry cobbler Beverage
Spaghetti w/meat sauce <b>27</b> Broccoli and cauliflower Garlic bread Apple cobbler Beverage	Barbeque chicken <b>28</b> English peas and carrots Macaroni and cheese Yogurt Beverage	Chicken tetrazzini <b>29</b> Baby carrots Snap green beans Brownie Beverage	Sausage with peppers and onions <b>30</b> Scalloped potatoes Field peas Sliced peaches Beverage	Beef stroganoff with noodles <b>31</b> Vegetable medley Steamed mixed cabbage Chocolate-chip cookie Beverage

\*Menu subject to market availability

(843) 802-0919 | [www.mowbluffonhiltonhead.org](http://www.mowbluffonhiltonhead.org)