


January

Congregate and Home-Delivered Meal Program

Mid-America Nutrition Program, Inc.
 1538 N Industrial Ave, Ottawa, KS 66067
 Office/Kitchen - 785-242-8341

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>MR. RIB BAKED BEANS MAC. SALAD BUN FRUIT CUP</p>	<p>3</p> <p>TATOR TOT- CASSEROLE CORN BREAD FRUITED YOGURT</p>	<p>4</p> <p>BAKED CHICKEN AUGRATIN POTATO RANCHO FIESTA VEGS. WHEAT ROLL APPLE SALAD</p>	<p>5</p> <p>TURKEY BURGER THREE BEAN SALAD SLICED TOMATOES BUN PEARS</p>	<p>6</p> <p>FISH BREADED TOMATO PEAS WHEAT BREAD JELLO W/ FRUIT-DX</p>
<p>9</p> <p>CHICKEN & NOODLES MASHED POTATO PICKLED BEETS PINEAPPLE</p>	<p>10</p> <p>MEATBALLS FETT. ALFREDO BROCCOLI BREAD APRICOTS</p>	<p>11</p> <p>MEATLOAF BAKED POTATO RANCHEO VEGS WHEAT ROLL BROWNIE</p>	<p>12</p> <p>HAM-LS SWT. POTATOES-DX GREEN BEANS ROLL PNT. BUTTER PIE</p>	<p>13</p> <p>LASAGNA LETTUCE SALAD CORN WHEAT ROLL PINEAPPLE MANGO</p>
<p>16</p> <p>BAKED CHICKEN BROWN RICE GRAVY CALIF. BLEND WHEAT BREAD FRUIT COCKTAIL</p>	<p>17</p> <p>SWISS STEAK AUGRATIN POTATOES BROCCOLI WHEAT BREAD PEACHES</p>	<p>18</p> <p>Birth Day! CKN. FRIED CKN. MASHED POTATO GRAVY GREEN BEANS ROLL CAKE & ICE CREAM</p> 	<p>19</p> <p>CHILI COLESLAW CRACKERS CINNAMON ROLL</p>	<p>20</p> <p>CKN. FRIED STEAK MASHED POTATO GRAVY BRUSSEL SPROUTS ROLL BANANA PUDDING- DX</p>
<p>23</p> <p>SPAGHETTI W/ MEAT SAUCE SALAD SUCCATASH TEXAS TOAST FRUIT CUP</p>	<p>24</p> <p>HOT TURKEY- SANDWICH MASHED POTATO WINTER BLEND WHEAT BREAD PLUMS</p>	<p>25</p> <p>HAM & BEANS-LS ZUCCHINI & TOMATOES ROLL JELLO W/FRT.-DX</p>	<p>26</p> <p>PORK CUTLET SWT. POTATO-DX RAW VEG. SALAD WHEAT ROLL APPLESAUCE</p>	<p>27</p> <p>BEEF & NOODLES PRINCE EDWARD VEGS STRAWBERRIES-DX WHEAT BREAD CHEESECAKE-DX</p>
<p>30</p> <p>SALISBURY STEAK MASHED POTATO GRAVY LIMA BEANS WHEAT BREAD PEACHES</p>	<p>31</p> <p>SLOPPY JOE GREEN BEAN SALAD STRAWBERRIES & PEACHES BUN COOKIE</p>		<p>24 hours in advance</p> <p>Suggested meal donation • \$3.00</p>	<p>Menus subject to change.</p> <p>DX indicates Diabetic substitution LS indicates Low Salt substitution</p>