



# January 2021

**Suggested Donation is \$4.00 Per Meal.**  
*If you will not be home to receive your meal  
 please call 888-5011 to cancel by 9am.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>We will be sending weekend snacks home on Fridays ☺</b>				<b>1 Closed</b> <b>Happy New Year!</b> If you'd like a frozen meal for this day, please let us know by Dec. 28. 888-5011
<b>4</b> Do you need a meal for this Monday? Let us know and we can bring you a frozen meal ahead of time for this day. 888-5011	<b>5</b> Chicken Royale with Vegetable Rice Pilaf, Steamed Broccoli, Apple Cinnamon Crisp	<b>6</b> Hearty Goulash with <b>Local VT Beef</b> , Winter Blend Veggies, Spiced Peaches, Chocolate Cake w/ Peanut Butter Frosting	<b>7</b> Sweet & Sour Meatballs w/ Pineapple & Peppers over Whole Grain Rice, Capri Blend, Savory Carrot Bread	<b>8</b> Blueberry Strada with VT Maple Syrup, Sweet White Home fries, Stewed Tomatoes <b>Yogurt, Pretzels, Fruit</b>
<b>11</b> Do you need a meal for this Monday? Let us know and we can bring you a frozen meal ahead of time for this day. 888-5011	<b>12</b> Chicken and Biscuit (Chicken, veg, biscuit, gravy) Roasted Brussel Sprouts, Pineapple Oatmeal Crisp	<b>13</b> Pork Chop with Apple Stuffing and Gravy, Sautéed Cabbage, Tuscan Blend Veg, Choc. Chip Oat Cookie	<b>14</b> Dried Beef & Egg Gravy over Mashed Potatoes, Seasoned Spinach, Warm Banana Bread	<b>15</b> Four Cheese Ziti Bake, Winter Blend Veggie, Italian Seasoned Beans <b>Butterscotch Bar &amp; Juice</b>
<b>18 Closed</b> Martin Luther King Day	<b>19</b> Cheeseburger with Potato Wedges, Baked Beans, Steamed Broccoli, Whole Grain Bun	<b>20</b> Boiled Dinner Ham, <b>Local VT Cabbage and Carrots</b> , Potatoes, Strawberry Shortcake	<b>21</b> Lemon Pepper Cod over Couscous, Capri Blend Veggie, Roasted Beets, Blueberry Muffin	<b>22</b> Tomato Bisque, Tuna Salad over Lettuce, Whole Wheat Roll, Coleslaw, Pears <b>Oatmeal Round &amp; Banana</b>
<b>25</b> Do you need a meal for this Monday? Let us know and we can bring you a frozen meal ahead of time for this day. 888-5011	<b>26</b> Chicken Alfredo with Broccoli, Capri Veggie, Warm Apple Crisp	<b>27</b> Shepherd's Pie <b>with Local VT Beef</b> , Roasted Root Vegetables, Warm Cornbread, Tropical Fruit	<b>28</b> Hot Turkey Sandwich on Whole Wheat Bread, Winter Squash, Cranberry Sauce, Birthday Pumpkin Cake	<b>29</b> Quiche with ham & Cheese, Steamed Beets, Creamed Corn <b>Cabot Cheese, Crackers, Fruit</b>

**When there is inclement weather, we may not be able to deliver meals. Please listen to WLVB 93.9 or call us 888-5011 for updates.**

**If you need help with snow removal or heating please call 211 for assistance.**

**\*Menu Subject to Change**