

Independence
Meals on Wheels

January 2019

All meals are made in Independence,
served every week day.
Extra meals can be order.
Call 816-254-9566 between 8 - noon

SUN	MON	TUE	WED	THUR	FRI	SAT
		<i>Happy New Year</i>	2 Beef Stroganoff w/ Noodles California Veg. Dessert	3 Chicken Patty Mashed Potatoes & Gravy Broccoli Dessert	4 Butter & Garlic Fish Wild Rice Beets Dessert	5
6	7 Spaghetti and Meatballs Antigua Veg. Dessert	8 Parmesan Chicken Scallop Potatoes Green Beans Dessert	9 Smothered Pork w/ Stuffing Carrots Dessert	10 Beef Enchiladas Apples Dessert	11 Apricot Pork Cheesy Rice Broccoli Dessert	12
13	14 Chicken Ala King Sweet Potatoes Dessert	15 Bar B Q Pork Pork and Beans Cauliflower Dessert	16 Meatloaf Mashed Potatoes and Brown Gravy Green Beans Dessert	17 Italian Chicken Tater Tots Carrots Dessert	18 Bake Fish Wild Rice Antigua Vegetables Dessert	19
20	21 Holiday 	22 Upside Down Shepherd's Pie Spiced peaches Dessert	23 Chicken Alfredo with Noodles Carrots Dessert	24 Pork w/ Sour Cream Sauce Au Gratin Potatoes California Veg. Dessert	25 Salisbury Steak Mashed Potatoes w/ Brown Gravy Broccoli Dessert	26
27	28 Tuna Casserole w/ Noodles Mixed Veg. Dessert	29 King Ranch Casserole Carrots Dessert	30 Ham Red Beans & Rice Cauliflower Dessert	31 Open-Faced Hot Roast Beef Sandwich Mashed Potatoes & Gravy Green Bean Dessert		