

JANUARY

2021

Independence Meals on Wheels

All meals are made in Independence,
Served every weekday.
Extra meals can be ordered.
Call 816-254-9566 between 8-noon.

SUN

MON




TUE

WED

THUR

FRI

SAT

					1 FFC Closed <i>Happy New Year!!</i>	2 Menus subject to change
3	4 Hot Dogs Mac & Cheese Carrots Dessert	5 Chicken & Noodles California Veggies Dessert	6 Pork Bake Stuffing Antigua Vegetables Dessert	7 Parmesan Crusted Chicken Au Gratin Potatoes Sonoma Blend Veg Dessert	8 Shepherd's Pie Broccoli Dessert	9
10	11 Oven Fried Chicken Mashed Potatoes/ Gravy Provence veggies Dessert	12 Sliced Ham & Pineapple Corn Stewed Tomatoes Dessert	13 Meatloaf Mashed Potatoes/Gravy Green Beans Dessert	14 Spaghetti & Meatballs Italian Vegetables Dessert	15 Garlic Butter Fish Wild Rice Peas & Carrots Dessert	16 
17 	18 FCC Closed <i>Martin Luther King Jr Day</i>	19 Salisbury Steak Mashed Potatoes/ Gravy Beets Dessert	20 BBQ Pork Beans Broccoli Dessert	21 Hot Turkey Sandwich Mashed Potatoes/ Gravy Antigua Vegetables Dessert	22 Breakfast Casserole Spiced Apples Dessert	23
24	25 Riblets Potatoes O'Brien Mixed Vegetables Dessert	26 Chicken Alfredo Normandy Vegetables Dessert	27 Hot Beef Sandwich Mashed Potatoes & Gravy Green Beans Dessert	28 Chicken Patty Sweet Potatoes California Vegetables Dessert	29 Baked Fish Herb Rice Spinach Dessert	30