



MEALS on WHEELS
CHEYENNE

TOGETHER, WE CAN DELIVER.

MENU

January 17th is Martin Luther King Day and we will be sending out frozen meals. If you don't want one please call 307-635-5542 before January 13th.

If you need to cancel your meal please contact our office by 9:30am at (307) 635-5542.

MONDAY JANUARY 10	Polish Sausage & Peppers Potato Medley Steamed Cabbage Blueberries Craisins Wheat Roll
TUESDAY JANUARY 11	Chicken Noodle Soup Winter Blend Sage Parmesan Biscuit Fresh Apple Cosmic Brownie
WEDNESDAY JANUARY 12	Stuffed Peppers Rancho Fiesta Blend Corn Chips Mango Pinwheel Cookie
THURSDAY JANUARY 13	Margherita Pizza Italian Green Beans Spiced Plums Cesar Salad
FRIDAY JANUARY 14	Roast Beef Wrap Fresh Vegetable Medley Banana Cookie Monster Jello String Cheese

**MENU SUBJECT TO CHANGE
BASED ON AVAILABILITY AND
DIETARY RESTRICTIONS**