



**MEALS on WHEELS**  
**CHEYENNE**

TOGETHER, WE CAN DELIVER.

# MENU

**MONDAY**  
**JANUARY 3**

Lasagna Roll Up  
Broccoli  
Plum  
Ciabatta Bread  
Mini Cannoli

**TUESDAY**  
**JANUARY 4**

Herb Roasted Chicken  
Acorn Squash  
Strawberries  
Cherry Cobbler  
White Roll

**WEDNESDAY**  
**JANUARY 5**

Teriyaki Tuna Bowl  
Jasmine Rice  
Pineapple  
Coconut Cake

**THURSDAY**  
**JANUARY 6**

Beef & Mushroom Turnover  
Brown Gravy  
Asparagus  
Kale Salad  
Peaches & Cream

**FRIDAY**  
**JANUARY 7**

Cobb Style Panzanella  
Pea Salad  
Fruit Cocktail  
Pistachio Pie

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

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

2015 S. Greeley Hwy • Cheyenne, WY 82007  
(307) 635-5542 • mealsonwheelsofcheyenne.com