



MEALS on WHEELS

CHEYENNE

TOGETHER, WE CAN DELIVER.

MEALS on WHEELS[®] CHEYENNE

JANUARY

MEAL SPONSOR



HIGH PLAINS
— TEAM —



If you need to cancel your meal, please contact the office before **8:30am** at (307) 635-5542

new

MENU

MONDAY JANUARY 19	<p>CLOSED</p> <p>MEALS WILL BE DELIVERED FRIDAY JANUARY 16TH</p> <p><i>Our lives begin to end the day we become silent about things that matter.</i></p> <p><i>Martin Luther King Jr.</i></p> 
TUESDAY JANUARY 20	<p>Black Bean Burger</p> <p>Waffle Fries</p> <p>Marinated Veggie Salad</p> <p>Fruit Snacks</p>
WEDNESDAY JANUARY 21	<p>Pork & Beans</p> <p>Buttermilk biscuit</p> <p>Zucchini</p> <p>Lemon Bar</p>
THURSDAY JANUARY 22	<p>Chicken Marsala Ravioli</p> <p>Broccoli</p> <p>Spiced Apricots</p> <p>Double Chocolate Cannoli</p>
FRIDAY JANUARY 23	<p>Cheeseburger Pasta Salad</p> <p>Sweet Peppers</p> <p>Fruit Cocktail</p> <p>Strawberry Jell-O fluff</p>

2015 S. Greeley Hwy • Cheyenne, WY 82007

(307) 635-5542 • mealsonwheelsofcheyenne.com