



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

TOGETHER, WE CAN DELIVER.

# MENU

**MONDAY**  
**JANUARY 24**

Tater Tot Casserole  
Green Beans  
Diced Beets  
Sour Cream Fruit Salad  
Roll w/Jelly

**TUESDAY**  
**JANUARY 25**

Chicken Egg Roll Bowl  
Fried Rice  
Asian Slaw  
Oriental Blend  
Mandarin Oranges  
Fortune Cookie

**WEDNESDAY**  
**JANUARY 26**

Pork Carnitas Tacos  
Corn Tortillas  
Chuckwagon Blend  
Diced Pears  
Gumdrop Cookie

**THURSDAY**  
**JANUARY 27**

Bean Burger w/Garlic Mayo  
Bun  
Lettuce, Tomato, Onion  
Sweet Potato Tots  
Sautéed Spinach  
Blueberry Swirl Bar

**FRIDAY**  
**JANUARY 28**

Rueben Sandwich  
Broccoli & Cauliflower  
Tropical Fruit  
Jello Salad  
Yogurt

*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](http://mealsonwheelsofcheyenne.com)