



# MEALS on WHEELS<sup>®</sup> CHEYENNE

TOGETHER, WE CAN DELIVER.

## MEALS on WHEELS<sup>®</sup> CHEYENNE

January

MEAL SPONSOR



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

new

# MENU

MONDAY  
JANUARY 26

Fish Tacos with Mango Salsa  
Sweet Potatoes  
Creamy Slaw  
Cinnamon Apple Empanada

TUESDAY  
JANUARY 27

Baked Manicotti  
Garlic Roll  
Italian Blend Vegetables  
Sliced Pears  
Tiramisu

WEDNESDAY  
JANUARY 28

Red Wine Braised Beef  
Polenta  
Root Vegetables  
Spiced Cherries  
M&M Rice Krispies

THURSDAY  
JANUARY 29

Split Pea Soup  
Pumpernickel Bread  
Warm Spinach Salad  
Magic Bar

FRIDAY  
JANUARY 30

Lemon Herb Quinoa Chicken  
Salad  
Cantaloupe  
Triple Chocolate Cookie

2015 S. Greeley Hwy • Cheyenne, WY 82007

(307) 635-5542 • [mealsonwheelsofcheyenne.com](http://mealsonwheelsofcheyenne.com)