



# 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 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  
Pumpkin 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)