



# MEALS **on** WHEELS

## CHEYENNE

TOGETHER, WE CAN DELIVER.

### MEALS **on** WHEELS<sup>®</sup> 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 5

Italian Chicken with Pesto  
Garlic Cheese Polenta  
Italian Blend Veggies  
Cherries  
Rice Krispy Treat

## TUESDAY JANUARY 6

Ground Beef Enchilada  
Mexican Street Corn  
Spiced Pineapple  
Mexican Chocolate Cake

## WEDNESDAY JANUARY 7

Sweet Chile Salmon  
Jasmine Rice  
Snap Peas  
Baked Apples with Maple  
Yogurt Sauce

## THURSDAY JANUARY 8

Sausage & Mushroom Pizza  
Kale Salad  
Peach Halves  
M&M Cookie

## FRIDAY JANUARY 9

Falafel Bowls  
Grapefruit  
White Chocolate  
Raspberry Tart

2015 S. Greeley Hwy • Cheyenne, WY 82007

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