

Meals on Wheels of Metro Tulsa
(918) 627-4103
January 2022 Menu-Regular

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons						1 Baked Chicken w/ Gravy Delmonico Potatoes Green Beans
2 Beef w/ Peppered Gravy Mixed Beans Lemon Zest Broccoli CLOSED	3 Pork Sausage & Red Beans Medley Cabbage Country Tomatoes	4 Breaded Chicken w/ Gravy Oven Roasted Potatoes Green Beans & Carrots	5 Cajun Meatloaf Chuckwagon Corn Cauliflower	6 Turkey Pastrami Roasted Sweet Potatoes Capri Vegetables	7 Chicken Nuggets Lentils Diced Beets	8 Parmesan Beef Patty Lima Beans California Vegetables
9 Chicken Fajita Pinto Beans Mexican Style Tomatoes	10 Fish Nuggets Whole Kernel Corn Spring Vegetables	11 Beef Stroganoff Broccoli Parslied Carrots	12 Herbed Pork Lion Scalloped Potatoes Green Peas	13 Breaded Chicken Patty Whipped Potatoes Lemon Brussels Sprouts	14 Salisbury Beef & Gravy Seasoned Cubed Potatoes Green Beans	15 Chicken Piccata Whole Kernel Corn Diced Beets
16 Balsamic Brown Sugar Beef Lentils Broccoli CLOSED	17 Italian Shells & Cheese Green Peas Sliced Carrots	18 Lemon Butter Chicken Oven Roasted Potatoes Orange Beets	19 Turkey Breast w/ Gravy Mashed Spiced Yams Green Beans	20 Beef Enchilada Pie Hominy Summer Vegetables	21 Chicken Nuggets Mixed Beans Stewed Tomatoes	22 Cheese Omelet Hash browns Spinach
23 Ham, Red Beans, & Rice Black-Eyed Peas Medley Cabbage	24 Spinach Lasagna Capri Vegetables Broccoli	25 Polish Pork Sausage Mixed Beans Catalina Vegetables	26 Parmesan Chicken Lima Beans Diced Beets	27 Swiss Steak Garlic Whipped Potatoes Cauliflower	28 Baked Chicken w/ Gravy Roasted Sweet Potatoes Cauliflower	29 Beef w/ Onion Gravy Green Peas Spinach
30 Turkey Tetrzzini Broccoli Glazed Carrots	31 Breaded Fish Green Peas Stewed Tomatoes					

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January 2022 Menu-Chicken/Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons						1 Baked Chicken w/ Gravy Delmonico Potatoes Green Beans
2 Vegetarian Sausage Patties Mixed Beans Lemon Zest Broccoli CLOSED	3 Red Beans & Rice Medley Cabbage Country Tomatoes	4 Breaded Chicken w/ Gravy Oven Roasted Potatoes Green Beans & Carrots	5 Vegetarian Chili Chuckwagon Corn Cauliflower	6 Turkey Pastrami Roasted Sweet Potatoes Capri Vegetables	7 Chicken Nuggets Lentils Diced Beets	8 Marinara Veggie Meatballs Lima Beans California Vegetables
9 Chicken Fajita Pinto Beans Mexican Style Tomatoes	10 Bean & Cheese Burrito Whole Kernel Corn Spring Vegetables	11 Macaroni & Cheese Broccoli Parslied Carrots	12 Broccoli Strata Scalloped Potatoes Green Peas	13 Breaded Chicken Patty Whipped Potatoes Lemon Brussels Sprouts	14 Garden Burger w/ Gravy Seasoned Cubed Potatoes Green Beans	15 Chicken Piccata Whole Kernel Corn Diced Beets
16 Vegetarian Sausage Patties Lentils Broccoli CLOSED	17 Italian Shells & Cheese Green Peas Sliced Carrots	18 Lemon Butter Chicken Oven Roasted Potatoes Orange Beets	19 Turkey Breast w/ Gravy Mashed Spiced Yams Green Beans	20 Beef Tamale Pie Hominy Summer Vegetables	21 Chicken Nuggets Mixed Beans Stewed Tomatoes	22 Cheese Omelet Hash browns Spinach
23 Red Beans, & Rice Black-Eyed Peas Medley Cabbage	24 Spinach Lasagna Capri Vegetables Broccoli	25 Cheese Omelet Mixed Beans Catalina Vegetables	26 Parmesan Chicken Lima Beans Diced Beets	27 Broccoli Cheese Bake Garlic Whipped Potatoes Cauliflower	28 Baked Chicken w/ Gravy Roasted Sweet Potatoes Cauliflower	29 Vegetarian Sausage Patties Green Peas Spinach
30 Turkey Tetrizzini Broccoli Glazed Carrots	31 Broccoli Strata Green Peas Stewed Tomatoes					

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January 2022 Menu-Vegetarian

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons						1 Black Bean Patty w/ Gravy Delmonico Potatoes Green Beans
2 Vegetarian Sausage Patties Mixed Beans Lemon Zest Broccoli CLOSED	3 Red Beans & Rice Medley Cabbage Country Tomatoes	4 Corn Chowder Oven Roasted Potatoes Green Beans & Carrots	5 Vegetarian Chili Chuckwagon Corn Cauliflower	6 Broccoli Cheese Bake Roasted Sweet Potatoes Capri Vegetables	7 Cheese Omelet Lentils Diced Beets	8 Marinara Veggie Meatballs Lima Beans California Vegetables
9 Vegetarian Taco Pinto Beans Mexican Style Tomatoes	10 Bean & Cheese Burrito Whole Kernel Corn Spring Vegetables	11 Macaroni & Cheese Broccoli Parslied Carrots	12 Broccoli Strata Scalloped Potatoes Green Peas	13 Spinach & Mushroom Quiche Whipped Potatoes Lemon Brussels Sprouts	14 Garden Burger w/ Gravy Seasoned Cubed Potatoes Green Beans	15 Cheese Enchiladas Whole Kernel Corn Diced Beets
16 Vegetarian Sausage Patties Lentils Broccoli CLOSED	17 Italian Shells & Cheese Green Peas Sliced Carrots	18 Lemon Butter Chicken Oven Roasted Potatoes Orange Beets	19 Turkey Breast w/ Gravy Mashed Spiced Yams Green Beans	20 Beef Tamale Pie Hominy Summer Vegetables	21 Chicken Nuggets Mixed Beans Stewed Tomatoes	22 Cheese Omelet Hash browns Spinach
23 Red Beans, & Rice Black-Eyed Peas Medley Cabbage	24 Spinach Lasagna Capri Vegetables Broccoli	25 Cheese Omelet Mixed Beans Catalina Vegetables	26 Spaghetti Torte Lima Beans Diced Beets	27 Broccoli Cheese Bake Garlic Whipped Potatoes Cauliflower	28 Veggie Meatballs w/Gravy Roasted Sweet Potatoes Cauliflower	29 Vegetarian Sausage Patties Green Peas Spinach
30 Macaroni & Cheese Broccoli Glazed Carrots	31 Broccoli Strata Green Peas Stewed Tomatoes					