Week 4 **Monday** Jan. 27 & Feb. 24 Choose One **Honey Mustard Chicken Haddock with Tomato**

Jan. 28 & Feb. 25 **Tuesday** Choose One



Cheeseburger

Jan. 29 & Feb. 26

French Toast Casserole



Pork Chop with Sauerkraut



Tuna Casserole

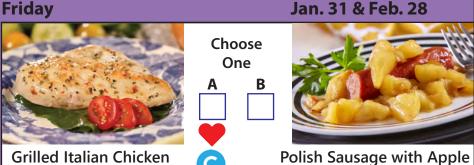
Thursday

Jan. 30 & Feb. 27



Beef Meatballs with Gravy

Jan. 31 & Feb. 28



Bundle up, it's cold outside!





Important Reminders

During these winter months, please keep your driveways and sidewalks clear for volunteers. If there is severe weather, please check TMJ-4, CBS 58, WISN, WHBL or our Facebook page for cancellation information.

Call ahead if you need to cancel a meal or won't be home for delivery.

920-451-7011

clientservices@FreshMealsOnWheels.org



1004 S. Taylor Drive, Sheboygan, WI 53081 FreshMealsOnWheels.org

NAME:



January 6 - February 28, 2025

MENU

This menu cycle will start Monday, January 6.

Please call with your menu choices as soon as possible to allow time for choices to be entered into the system. If we do not receive your choices, you will automatically receive choice A.

To help guide your selections:



= **Heart Healthy Choice:** Leaner meats and less fat



= **Carb-Wise Choice:** Fewer total carbs

What if I follow a Heart Healthy and **Controlled Carbohydrate diet?**

These diets have many similarities and usually overlap, but there may be days where the symbols are on different menu options. Discuss with your doctor which diet is best for you.

You may call with your selections, or give the completed menu to the driver on your next delivery. Choices will default to option A until your selections are received and entered.

If you have any questions, or know someone else who needs meals call us at 920-451-7011.

Enjoy your meals!

Entrees and side items are subject to change without notice.

All meals provide 1/3 of the Recommended **Dietary Allowances** (RDA), meet the USDA's **Dietary Guidelines for** Americans and adhere to federal meal pattern requirements. This menu was planned and prepared under the supervision of a registered dietitian.

What did the rabbit say to his girlfriend on Valentine's Day?

Somebunny loves you!



