


Week 4



Monday Jan. 27 & Feb. 24




Honey Mustard Chicken

Choose One


A B



Haddock with Tomato



Tuesday Jan. 28 & Feb. 25




Cheeseburger

Choose One


A B



French Toast Casserole



Wednesday Jan. 29 & Feb. 26




Pork Chop with Sauerkraut

Choose One


A B



Tuna Casserole



Thursday Jan. 30 & Feb. 27




Beef Meatballs with Gravy

Choose One


A B



Turkey Pot Pie



Friday Jan. 31 & Feb. 28




Grilled Italian Chicken

Choose One

A B



Polish Sausage with Apple

Bundle up, it's cold outside!

Y U M Y C D P N O D V U R F J T Y
 R S V M N Q Q P Q M Q I D L N E U
 X Y B K D M I T T E N S I S K T I
 W T K N N X N Z U L K C H E E R Z
 V F I E Z J L T A H O H W V S I O
 P W E V K V Q B O D J I A O T M N
 F V I W N P F F F P O W A L N Z A
 E C J K A S S B U K J L A G A Q X
 E E V T M H W W Q N F E K S P X K
 P Q W G M E W O H W N X I F W D P
 E M S C U A Z M A O F D X F O V R
 N A Q O K Q K E L N Q D L U N L M
 M S O L K V S F C S V O O M S G E
 A K R D B K T R H T P K Y R J R K
 B V C H D W O A V P A D Z A E L U
 N D F K Q V O C X U M O H E A L K
 Q B C O E D B S F J C R C W T E E



SNOW PANTS
EARMUFFS
MITTENS
GLOVES
BOOTS



SCARF
COAT
COLD
MASK
SNOW



WALK
WIND
FUN
HAT
ICE

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: _____ RT: _____





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!





Week 1



Monday Jan. 6 & Feb. 3

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Chili Dog		Veggie Hash Egg Bake



Tuesday Jan. 7 & Feb. 4

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
BBQ Pulled Pork		Lemon Dill Cod



Wednesday Jan. 8 & Feb. 5

	Choose One A <input checked="" type="radio"/> B <input type="checkbox"/> C <input type="radio"/>	
Chicken Alfredo		Maple Glazed Ham

Thursday Jan. 9 & Feb. 6



	Choose One A <input checked="" type="radio"/> B <input type="checkbox"/> C <input type="radio"/>	
Pizza Casserole		Caprese Chicken

Friday Jan. 10 & Feb. 7



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Shepherd's Pie		Teriyaki Salmon

Week 2



Monday Jan. 13 & Feb. 10

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Chicken Stir Fry		Old Bay Cod



Tuesday Jan. 14 & Feb. 11

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Stuffed Pepper Casserole		Ham Meatballs with Ketchup



Wednesday Jan. 15 & Feb. 12

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Turkey à La King		Meatloaf with Gravy

Thursday Jan. 16 & Feb. 13



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Sliced Biscuit with Sausage Gravy		Pancakes with Blueberry Sauce

Friday Jan. 17 & Feb. 14



	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Chicken Enchilada Bake		Lemon Pepper Tilapia

Week 3



Monday Jan. 20 & Feb. 17

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Salisbury Steak with Onion Gravy		Chicken Tenders



Tuesday Jan. 21 & Feb. 18

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Chicken Cordon Bleu		Maple Dijon Salmon


Wednesday Jan. 22 & Feb. 19

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Pork Loin with Gravy		Santa Fe Casserole

Thursday Jan. 23 & Feb. 20

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Hawaiian Chicken		Garlic Butter Pollock

Friday Jan. 24 & Feb. 21

	Choose One A <input type="checkbox"/> B <input type="checkbox"/> C <input checked="" type="radio"/>	
Beef Stroganoff		BBQ Pork Spare Rib