




# January

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><i>All CHEER Centers Closed</i></b></p>	<p><b>3</b> Fresh Fruit Tilapia Provençale Parmesan Noodles Spinach Whole Wheat Roll/Bread Skim Milk</p>	<p><b>4</b> Glazed Meatloaf Garlic Mashed Potatoes Steamed Capri Vegetable Glend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p><b>5</b> Chicken Breast Taco Seasoned Spanish Rice Fiesta Corn Flour Tortilla Cinnamon Pears Skim Milk</p>	<p><b>6</b> Roast Turkey Breast Mashed Sweet Potatoes Green Bean Casserole Whole Wheat Roll/Bread Hot Fruit Compote Skim Milk</p>
	<p><b>9</b> Chicken Pot Pie Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk</p>	<p><b>10</b> Stuffed Bell Pepper Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p><b>11</b> Pulled Pork Baked Beans Confetti Cole Slaw Bananas in Strawberry Gelatin Whole Wheat Roll/Bread Skim Milk</p>	<p><b>12</b> Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Poached Pears Skim Milk</p>
<p><b><i>Martin Luther King Day.</i></b> <b><i>All CHEER Centers Closed.</i></b></p>	<p><b>17</b> Baked Pork Chop w/Brown Gravy Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Greek Yogurt Parfait w/Granola Skim Milk</p>	<p><b>18</b> Lasagna Sautéed Zucchini Whole Wheat Roll/Bread Pineapple Skim Milk</p>	<p><b>19</b> Apple Glazed Chicken Scalloped Potatoes Steamed Broccoli Whole Wheat Roll/Bread Baked Apples Skim Milk</p>	<p><b>20</b> Cream of Potato Soup Tuna Salad Sandwich on Wheat Pickled Beets Mandarin Oranges Skim Milk</p>
	<p><b>23</b> Chili Con Carne Tossed Salad w/Dressing of Choice Cornbread Poached Pears Skim Milk</p>	<p><b>24</b> Turkey Broccoli Casserole Noodles Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk</p>	<p><b>25</b> Honey Lemon Chicken Baked Potato w/Sour Cream Crumb Topped Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p><b>26</b> Swedish Meatballs Noodles California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>
<p><b>30</b> Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk</p>	<p><b>31</b> Chicken Breast Parmesan Pasta in Sauce Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p><b>DELAWARE HEALTH AND SOCIAL SERVICES</b> <small>Division of Services for Aging and Adults with Physical Disabilities</small></p> <p><i>"This agency receives funding from the DHSS Division of Services for Aging and Adults with Physical Disabilities."</i></p> </div> <div style="text-align: center;">  <p><b>CHEER</b> <small>Over 50 Years Serving Sussex Seniors</small></p> </div> <div style="text-align: center;">  <p><b>MEALS ON WHEELS AMERICA</b> <b>2022 MEMBER</b></p> </div> </div>		