




January

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>All CHEER Centers Closed</i></p>	<p>3 Fresh Fruit Tilapia Provençale Parmesan Noodles Spinach Whole Wheat Roll/Bread Skim Milk</p>	<p>4 Glazed Meatloaf Garlic Mashed Potatoes Steamed Capri Vegetable Glend Whole Wheat Roll/Bread Caramel Peach Crisp Skim Milk</p>	<p>5 Chicken Breast Taco Seasoned Spanish Rice Fiesta Corn Flour Tortilla Cinnamon Pears Skim Milk</p>	<p>6 Roast Turkey Breast Mashed Sweet Potatoes Green Bean Casserole Whole Wheat Roll/Bread Hot Fruit Compote Skim Milk</p>
	<p>9 Chicken Pot Pie Seasoned Broccoli Whole Wheat Roll/Bread Raspberry Peaches Skim Milk</p>	<p>10 Stuffed Bell Pepper Garlic Mashed Potatoes California Vegetables Whole Wheat Roll/Bread Chilled Fruit Cup Skim Milk</p>	<p>11 Pulled Pork Baked Beans Confetti Cole Slaw Bananas in Strawberry Gelatin Whole Wheat Roll/Bread Skim Milk</p>	<p>12 Baked Ziti and Meat Sauce Italian Vegetables Whole Wheat Roll/Bread Poached Pears Skim Milk</p>
<p>16 <i>Martin Luther King Day.</i> <i>All CHEER Centers Closed.</i></p>	<p>17 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>18 Lasagna Sautéed Zucchini Whole Wheat Roll/Bread Pineapple Skim Milk</p>	<p>19 Apple Glazed Chicken Scalloped Potatoes Steamed Broccoli Whole Wheat Roll/Bread Baked Apples Skim Milk</p>	<p>20 Cream of Potato Soup Tuna Salad Sandwich on Wheat Pickled Beets Mandarin Oranges Skim Milk</p>
<p>23 Chili Con Carne Tossed Salad w/Dressing of Choice Cornbread Poached Pears Skim Milk</p>	<p>24 Turkey Broccoli Casserole Noodles Whole Wheat Roll/Bread Strawberries w/Whipped Topping Skim Milk</p>	<p>25 Honey Lemon Chicken Baked Potato w/Sour Cream Crumb Topped Brussels Sprouts Cinnamon Applesauce Whole Wheat Roll/Bread Skim Milk</p>	<p>26 Swedish Meatballs Noodles California Vegetables Whole Wheat Roll/Bread Fresh Banana Skim Milk</p>	<p>27 Baked Salmon Brown Rice Pilaf French Style Green Beans Whole Wheat Roll/Bread Ice Cream Skim Milk</p>
<p>30 Pot Roast Potatoes and Onions Celery and Carrots Whole Wheat Roll/Bread Boston Cream Pie Skim Milk</p>	<p>31 Chicken Breast Parmesan Pasta in Sauce Steamed Broccoli Whole Wheat Roll/Bread Fresh Fruit Skim Milk</p>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>DELAWARE HEALTH AND SOCIAL SERVICES <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>CHEER <small>Over 50 Years Serving Sussex Seniors</small></p> </div> <div style="text-align: center;">  <p>MEALS ON WHEELS AMERICA 2022 MEMBER</p> </div> </div>		