

# YATES Home Delivered Meals

# JANUARY 2021

For more information call: (315)536-6038

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b>  <b>CLOSED NEW YEAR'S DAY</b>
<b>4</b> Ham w/Pineapple Slice Sweet Potato Spinach Peaches 100% Whole Wheat Bead 1% Milk Grape Juice	<b>5</b> Spaghetti & Meatballs w/ Italian Sauce Cauliflower Fresh Fruit Whole Wheat Bead 1% Milk Orange Juice	<b>6</b> Chicken w/ Dijon Mustard Sauce Party Rice Peas Applesauce Blueberry Muffin 1% Milk Apple Juice	<b>7</b> Braised Beef Tips w/ Gravy Mashed Potato Succotash Fruit Cocktail 100% Whole Wheat Bead 1% Milk Orange Juice	<b>8</b> Macaroni & Cheese Stewed Tomatoes Vanilla Yogurt w/fruit Graham Crackers 100% Whole Wheat Bead 1% Milk Grape Juice
<b>11</b> Chili Green Beans Pears Corn Muffin 1% Milk Orange Juice	<b>12</b> Sliced Turkey w/Gravy Mashed Potato Broccoli Peaches 100% Whole Wheat Bead 1% Milk Orange Juice	<b>13</b> Chicken Parmesan w/Italian Sauce Rotini Carrots 100% Whole Wheat Bead 1% Milk Apple Juice	<b>14</b> Pork Tenderloin w/ Pork Gravy Red Skinned Potatoes Winter Squash Fresh Fruit 100% Whole Wheat Bead 1% Milk Grape Juice	<b>15</b> Lemon Pepper Fish Sweet Potato Beets Pineapple Tidbits 100% Whole Wheat Bead 1% Milk Orange Juice
<b>18</b>  <b>CLOSED MARTIN LUTHER KING JR. DAY</b>	<b>19</b> Beef Goulash Corn Green Beans Pears 100% Whole Wheat Bead 1% Milk Grape Juice	<b>20</b> Sensational Pork w/ Sensational Gravy Mashed Potatoes Pacific Blend Apple Crisp w/topping 100% Whole Wheat Bead 1% Milk Apple Juice	<b>21</b> Sweet & Sour Chicken Steamed Rice Peas Mandarin Oranges 100% Whole Wheat Bead 1% Milk Orange Juice	<b>22</b> Vegetable Lasagna w/ White Sauce Brussels Sprouts Peaches Fig Newton 100% Whole Wheat Bead 1% Milk Orange Juice
<b>25</b> Meatloaf w/ Onion Gravy Rotini Green & White Beans Fruit Cocktail 100% Whole Wheat Bead 1% Milk Grape Juice	<b>26</b> Ham Scalloped Potatoes Succotash Apricots 100% Whole Wheat Bead 1% Milk Apple Juice	<b>27</b> Chicken Ziti w/ Italian Sauce Parmesan Cheese Yellow Beans Fresh Fruit 100% Whole Wheat Bead 1% Milk Orange Juice	<b>28</b> BBQ Pork Potato Salad Coleslaw Applesauce 100% Whole Wheat Hamburger Bun 1% Milk Grape Juice	<b>29</b> Baked Fish w/ Dill Sauce Sweet Potato Peas Cottage cheese w/Peaches Whole Wheat Roll 1% Milk Orange Juice

**Menu subject to change without notice.**

Voluntary donations are very important to maintain the program. The suggested contribution per meal is \$4.00.

We gladly accept Food Stamps, cash, or checks paid daily, weekly or monthly. Thank you.

**Substitutions can be made for the entrée meal only. Please call at least 2 days in advance with your choice.**

- A. Meatloaf with yams and green beans**
- B. Meatballs with mashed potatoes and broccoli**
- C. Grilled chicken with white potatoes and carrots**
- D. Hamburger Patty with rice and mixed vegetables**