

January 2023



December '22							February '23							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
				1	2	3					1	2	3	4
4	5	6	7	8	9	10	5	6	7	8	9	10	11	
11	12	13	14	15	16	17	12	13	14	15	16	17	18	
18	19	20	21	22	23	24	19	20	21	22	23	24	25	
25	26	27	28	29	30	31	26	27	28					

HOT MEAL

Ph.# 573-886-7554

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 MOW Office Closed	3 BEEF STEW CORNBREAD COBBLER TOSSED SALAD/DRESSING DRINK	4 PORK CHOP AU GRATIN POTATOES MIXED VEGETABLES COOKIE DRINK	5 BEEF PATTY/BUN POTATO WEDGES BROCCOLI FRUIT DRINK	6 CHICKEN BAKED POTATO/SOUR CREAM GREEN BEANS FRUIT DRINK	7
8	9 CHICKEN ALFREDO BREADSTICK BROCCOLI PUDDING DRINK	10 MEATLOAF BAKED POTATO/SOUR CREAM CARROTS FRUIT DRINK	11 TURKEY W/ GRAVY MASHED SWEET POTATO MIXED VEGETABLES PUDDING DRINK	12 SALISBURY STEAK/GRAVY MASHED POTATO/GRAVY PEAS TOSSED SALAD/DRESSING DRINK	13 FISH ON BUN AU GRATIN POTATOES CARROTS FRUIT DRINK	14
15	16 PENNE/MEAT SAUCE BREADSTICK SCANDINAVIAN VEGS PUDDING DRINK	17 CHICKEN BREAST MACARONI & CHEESE CARROTS TOSSED SALAD/DRESSING DRINK	18 BEEF ROAST MASHED POTATO/GRAVY MIXED VEGETABLES FRUIT DRINK	19 SEASONED TILAPIA RICE CARROTS COOKIE DRINK	20 PORK ROAST MASHED POTATO/GRAVY PEAS YOGURT W/ BERRY DRINK	21
22	23 SLOPPY JOE ON BUN POTATO WEDGES CAULIFLOWER PUDDING DRINK	24 PORK RIB OVEN BROWN POTATOES GREEN BEANS FRUIT DRINK	25 LEMON PEPPER TILAPIA RICE MIXED VEGETABLES BROWNIE DRINK	26 CHICKEN WINGS MACARONI & CHEESE CARROTS FRUIT DRINK	27 CHILI CORNBREAD GREEN BEANS COOKIE DRINK	28
29	30 TURKEY W/ GRAVY MASHED POTATO/GRAVY GREEN BEANS FRUIT DRINK	31 BEEF STEW CORNBREAD COBBLER TOSSED SALAD/DRESSING DRINK	1	2	3	4
5	6					