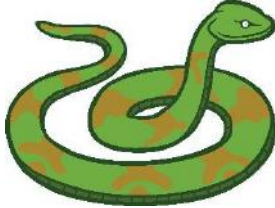


January 2025

Meals On Wheels - Independence

All meals are made in Independence served every weekday.
Extra meals can be ordered.
Call 816-254-9566 between 8 – noon.

SUN	MON	TUE	WED	THUR	FRI	SAT
Menu subject to change			1 CLOSED FOR HOLIDAY	2 - Biscuits & Gravy - Sausage Patty - Spiced Apples	3 - Salmon Patties - Mac & Cheese - Vegetables	4
5	6 - Ranch Chicken - Au Gratin Potatoes - Vegetables	7 - Chili Mac - Vegetables	8 - BBQ Pork - Scalloped Potatoes - Vegetables	9 - Chicken & Rice Casserole - Vegetables	10 - Spaghetti & Meatballs - Vegetables	11
12	13 - Ham w/ Pineapple - Au Gratin Potatoes - Vegetables	14 - Chicken Cacciatore with Rice - Vegetables	15 - Hot Beef Sandwich - Mashed Potatoes - Vegetables	16 - Ham and Mac & Cheese Casserole - Vegetables	17 - Tater Tot Casserole - Vegetables	18
19	20 CLOSED FOR HOLIDAY	21 - Italian Chicken - Au Gratin Potatoes - Vegetables	22 - Beef Enchiladas - Spiced Peaches	23 - Pork Loin with Mushroom Gravy - Mashed Potatoes - Vegetables	24 - Riblets - Au Gratin Potatoes - Vegetables	25
26	27 - Beanie Weenies - Vegetables	28 - Turkey & Stuffing with Gravy - Vegetables	29 - Meatloaf - Mashed Potatoes - Vegetables	30 - Meatball Al Fredo with Noodles - Vegetables	31 - Chicken Salad - Chips - Pickle	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE & MILK OR JUICE