

# January 2026

## 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		HAPPY NEW YEARS!		1  CLOSED FOR HOLIDAY	2 - Beef Stroganoff - Corn	3
4	5 - Italian Chicken - Noodles - Carrots	6 - Chili - Cauliflower	7 - Biscuits & Gravy - Sausage Patty - Spiced Apples	8 - BBQ Chicken - Baked Beans - Mixed Veg	9 - Salmon Patty - Mac & Cheese - Cream Peas	10
11	12 - Meatloaf - Mashed Potatoes - Green Beans	13 - Sauerkraut - Hot Dogs - Corn	14 - Sliced Turkey - Stuffing - Carrots	15 - Beef Enchilada - Spiced Peaches	16 - Sliced Ham w/ Pineapple - Au Gratin Potatoes - Broccoli	17
18	19 CLOSED FOR HOLIDAY	20 - Hot Beef Sandwich - Mashed Potatoes - Green Beans	21 - BBQ Pork - Baked Beans - Peas	22 - Parmesan Chicken - Noodles - Carrots	23 - Beefy Mac & Cheese - Mixed Veg	24
25	26 - Fish - Mac & Cheese - Spinach	27 - Ham & Beans - Broccoli	28 - Oven Fried Chicken - Mashed Potatoes - Corn	29 - Spaghetti & Meatballs - Carrots	30 - Breakfast Casserole - Spiced Apples	Dessert Included With All Meals

EACH MEAL SERVED WITH BREAD/MARGARINE  
& MILK OR JUICE