



**MEALS on WHEELS**  
**CHEYENNE**

TOGETHER, WE CAN DELIVER.

# MENU

## January Meal Sponsor



*If you need to cancel your meal  
 please contact our office  
 before 8:30am  
 at (307) 635-5542.*

<p><b>MONDAY</b>  <b>JANUARY 20</b></p>	<p><b>CLOSED FOR          MARTIN LUTHER KING JR. DAY</b></p> 
<p><b>TUESDAY</b>  <b>JANUARY 21</b></p>	<p>Black Bean &amp; Sweet Potato Burrito Bowl          Mango          English Toffee Cookie</p>
<p><b>WEDNESDAY</b>  <b>JANUARY 22</b></p>	<p>Cheeseburger          Tater Tots          Broccoli Salad          Banana          White Chocolate Raspberry Muffin</p>
<p><b>THURSDAY</b>  <b>JANUARY 23</b></p>	<p>Spaghetti Pesto Pie          Pickled Beets          Roasted Fennel          Matcha Blondie w/ Nutella Frosting</p>
<p><b>FRIDAY</b>  <b>JANUARY 24</b></p>	<p>Cranberry Turkey Waldorf          Crackers          Cucumber Sticks          Wild Blueberries          Caramel Tapioca Pudding</p>

**MENU SUBJECT TO CHANGE BASED ON  
 AVAILABILITY AND DIETARY RESTRICTIONS**