

# JANUARY 2022- MENU

	MONDAY GOH	TUESDAY LMOW	WEDNESDAY GOH	THURSDAY LMOW	FRIDAY LMOW
January 3-7	3 Roast Turkey w/dressing & gravy Roast Potatoes Green Beans   Corn Lentil  Roast Turkey Sandwich	4 Butter Chicken Rice Steamed Carrots   Tomato Basil Soup Tomato/Cheese/Cucumber Sandwich 	5 Shephards Pie w/ Gravy Dinner Roll Cabbage   Chicken Gumbo  Tuna Salad Sandwich	6 Macaroni & Cheese W/ Bacon Mixed Veg   Tomato Soup  Deli Meat Sandwich	7 Roast Chicken Mashed Potato Green Beans   Mushroom Barley Soup Vegetarian Sandwich 
January 10-14	10 Sliced Ham with Pineapple Scalloped Potatoes Carrots   Canadian Pea  Deli Meat Sandwich	11 Meatloaf w/ Gravy Mashed Potato Mixed Vegetables   Chicken Noodle  Tuna Salad Sandwich	12 Chicken Marengo Parmesan Rice Steamed Peas   Mulligatawny  Egg Salad Sandwich	13 German Style Beef Roast Potatoes Steamed Corn   Moroccan Chicken  Ham & Cheese Sandwich	14 Sausage & Peppers Spanish Rice Garlic Bread   Goulash  Egg Salad Sandwich
January 17-21	15 Roast Beef & Yorkshire Pudding Mashed Potatoes Cauliflower   Garden Vegetable  Ham & Cheese Sandwich	16 Hungarian Chicken Stew Butter Noodles Green Beans   Minestrone  Egg Salad Sandwich	17 Meat Sauce Spaghetti Garlic Bread Mixed Vegetables   Beef Barley  Tuna Salad Sandwich	18 Roast chicken w/dressing & gravy Mashed potatoes Carrots/Peas   Chicken Rice  Deli Meat Sandwich	19 Chefs Choice Day!!! Mystery Meal   Chef Soup Choice  Chef Choice sandwich
January 24-28	24 Lemon Rosemary Roast Chicken Herb Roasted Potatoes Minted Green Peas   Ham & Potato Soup  Chicken Salad Sandwich	25 Beef Stir fry w/Fried Rice Peas   Butternut Squash Soup  Egg Salad Sandwich	26 Baked Lasagna w/ Garlic Toast   Caesar Salad  Ham & Cheese Sandwich	27 Seafood Newburg w/pasta Mixed Vegetables   Vegetable Soup  Tuna Salad Sandwich	28 Beef Stroganoff w/ Noodles Honey Carrots   Coconut Curry Soup  Chicken Salad Sandwich
January 31-February 4	31 Roast Turkey w/dressing & gravy Roast Potatoes Green Beans   Corn Lentil  Roast Turkey Sandwich	1 Butter Chicken Rice Steamed Carrots   Tomato Basil Soup  Tomato/Cheese/Cucumber Sandwich	2 Shephards Pie w/ Gravy Dinner Roll Cabbage   Chicken Gumbo  Tuna Salad Sandwich	3 Macaroni & Cheese W/ Bacon Mixed Veg   Tomato Soup  Turkey & Cheese Sandwich	4 Roast Chicken Mashed Potato Green Beans   Mushroom Barley Soup  Vegetarian Sandwich

 Soup of the day



Sandwich of the day



Salad

\*Entrees include Soup and Dessert - Menus maybe subject to change due to availability

Langley Meals on Wheels - 604-533-1679 or info@lmow.ca

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