



Meals on Wheels of Metro Tulsa  
(918) 627-4103

**January 2025 Menu-Regular**

**\*\*MENU SUBJECT TO CHANGE\*\***

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   |  | 1<br>CLOSED<br>HAPPY NEW YEARS<br> | 2<br>BBQ Pork Rib Patty*<br>Tater Gems<br>Green Beans with Onions       | 3<br>Sesame Chicken<br>Brown Rice<br>Garlic Spinach   |
| 6<br>Bruschetta Chicken Meatballs<br>Lima Beans<br>Diced Beets                      | 7<br>Beef with Country Gravy<br>Whipped Potatoes<br>Squash/Zucchini/Tomatoes      | 8<br>Chicken Biscuit<br>Hashbrown Patty<br>Spinach   | 9<br>Chicken Alfredo<br>Herbed Green Beans<br>Cauliflower               | 10<br>Homestyle Pork Roast*<br>Confetti Rice<br>Brussels Sprouts  |
| 13<br>Ham, Red Beans and Rice*<br>Black-Eyed Peas<br>Medley Cabbage                 | 14<br>Spinach Macaroni<br>Dilled Carrots<br>Country Tomatoes                      | 15<br>Cheese Omelet<br>Hashbrown Patty<br>Stewed Tomatoes  | 16<br>Rosemary Pork*<br>Mixed Beans<br>Catalina Vegetables              | 17<br>Swiss Steak<br>Garlic Whipped Potatoes<br>Herbed Green Beans  |
| 20<br>Lemon Buter Chicken<br>Oven Roasted Potatoes<br>Orange Beets                  | 21<br>Beef Enchilada Pie<br>Confetti Brown Rice<br>Summer Vegetables              | 22<br>Turkey Sausage Patty<br>Eggy Patty w/Cheese<br>Roasted Potatoes  | 23<br>Turkey Breast with Gravy<br>Whipped Sweet Potatoes<br>Green Beans | 24<br>Balsamic Glazed Beef<br>Lentils<br>Broccoli   |
| 27<br>Macaroni and Cheese<br>Green Peas<br>California Vegetables                    | 28<br>Turkey and Dumplings<br>Pinto Beans<br>Diced Beets                          | 29<br>French Toast Sticks<br>Hashbrown Patty<br>Canadian Bacon   | 30<br>Rosemary Chicken<br>Cheesy Brown Rice<br>Green Beans              | 31<br>Lemon Pepper Pollock<br>Pasta Florentine<br>Dilled Carrots  |
|  |   |                                  |   | *Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons |

Meals on Wheels of Metro Tulsa  
(918) 627-4103

**January 2025 Menu- Vegetarian**


**\*\*MENU SUBJECT TO CHANGE\*\***

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
|   |  | 1<br>CLOSED<br>HAPPY NEW YEARS<br> | 2<br>BBQ Veggie Meatballs<br>Tater Gems<br>Green Beans with Onions | 3<br>Vegetarian Chili<br>Brown Rice<br>Garlic Spinach   |
| 6<br>Eggplant Parmesan<br>Lima Beans<br>Diced Beets                                 | 7<br>Vegetarian Chili<br>Whipped Potatoes<br>Squash/Zucchini/Tomatoes             | 8<br>Egg Patty W/Cheese<br>Hashbrown Patty<br>Spinach  | 9<br>Spaghetti Torte<br>Herbed Green Beans<br>Cauliflower          | 10<br>Lemony Chickpea Stir-Fry<br>Confetti Rice<br>Brussels Sprouts   |
| 13<br>Veggie Sausages<br>Black-Eyed Peas<br>Medley Cabbage                          | 14<br>Spinach Macaroni<br>Dilled Carrots<br>Country Tomatoes                      | 15<br>Cheese Omelet<br>Hashbrown Patty<br>Stewed Tomatoes  | 16<br>Cheese Enchiladas<br>Mixed Beans<br>Catalina Vegetables      | 17<br>Broccoli Strata<br>Garlic Whipped Potatoes<br>Herbed Green Beans  |
| 20<br>Red Beans and Rice<br>Oven Roasted Potatoes<br>Orange Beets                   | 21<br>Bean Tamale Pie<br>Confetti Brown Rice<br>Summer Vegetables                 | 22<br>Veggie Sausage<br>Eggy Patty w/Cheese<br>Roasted Potatoes  | 23<br>White Bean Chili<br>Whipped Sweet Potatoes<br>Green Beans    | 24<br>Spinach Macaroni<br>Lentils<br>Broccoli   |
| 27<br>Macaroni and Cheese<br>Green Peas<br>California Vegetables                    | 28<br>Cheese Enchiladas<br>Pinto Beans<br>Diced Beets                             | 29<br>French Toast Sticks<br>Hashbrown Patty<br>Veggie Sausage   | 30<br>White Bean Chili<br>Cheesy Brown Rice<br>Green Beans         | 31<br>Lentil Stew<br>Pasta Florentine<br>Dilled Carrots   |
|  |   |                                  |  | *Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons |

Meals on Wheels of Metro Tulsa  
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**January 2025 Menu- Poultry / Vegetarian**

**\*\*MENU SUBJECT TO CHANGE\*\***

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   |  | 1<br>CLOSED<br>HAPPY NEW YEARS<br> | 2<br>BBQ Veggie Meatballs<br>Tater Gems<br>Green Beans with Onions      | 3<br>Sesame Chicken<br>Brown Rice<br>Garlic Spinach   |
| 6<br>Bruschetta Chicken Meatballs<br>Lima Beans<br>Diced Beets                      | 7<br>Vegetarian Chili<br>Whipped Potatoes<br>Squash/Zucchini/Tomatoes             | 8<br>Chicken Biscuit<br>Hashbrown Patty<br>Spinach   | 9<br>Chicken Alfredo<br>Herbed Green Beans<br>Cauliflower               | 10<br>Lemony Chickpea Stir-Fry<br>Confetti Rice<br>Brussels Sprouts   |
| 13<br>Oven Fried Chicken<br>Lima Beans<br>Diced Beets                               | 14<br>Tarragon Chicken<br>Whipped Sweet Potatoes<br>Cauliflower                   | 15<br>Cheese Omelet<br>Hashbrown Patty<br>Stewed Tomatoes  | 16<br>Cheese Enchiladas<br>Mixed Beans<br>Catalina Vegetables           | 17<br>Broccoli Strata<br>Garlic Whipped Potatoes<br>Herbed Green Beans  |
| 20<br>Lemon Butter Chicken<br>Oven Roasted Potatoes<br>Orange Beets                 | 21<br>Bean Tamale Pie<br>Confetti Brown Rice<br>Summer Vegetables                 | 22<br>Turkey Sausage Patty<br>Eggy Patty w/Cheese<br>Roasted Potatoes  | 23<br>Turkey Breast with Gravy<br>Whipped Sweet Potatoes<br>Green Beans | 24<br>Spinach Macaroni<br>Lentils<br>Broccoli   |
| 27<br>Macaroni and Cheese<br>Green Peas<br>California Vegetables                    | 28<br>Turkey and Dumplings<br>Pinto Beans<br>Diced Beets                          | 29<br>French Toast Sticks<br>Hashbrown Patty<br>Veggie Sausage   | 30<br>Rosemary Chicken<br>Cheesy Brown Rice<br>Green Beans              | 31<br>Lentil Stew<br>Pasta Florentine<br>Dilled Carrots   |
|  |   |                                  |   | *Please note that substitutions may have to be made sometimes for specific items due to shortages, unavailability of the product from the vendors, or for other reasons |