



Meals on Wheels
3278 Whitehaven Road
Grand Island, NY 14072
(716) 773-9682

e-mail:

goldenage@grand-island.ny.us

Lunch is delivered between
 11:15am—1:00pm Monday—
 Friday by our fantastic Meals on
 Wheels volunteers.

Please call Jennifer at the
 Golden Age Center at
 (716) 773-9682 with any questions.

Please remember: COLD meals
 include: 4 oz. meat, 4 oz. starch, 4
 oz. of vegetable OR 4. oz. fruit AND
 Dessert of the Day.

***Menu subject to change
 without notice. ***

There are NO substitutions.

*Our meals are made with NO
 additional salt OR sugar.*

MEAL CANCELLATIONS:

Please call (716) 773-9682 by 10am
 to cancel day's meal delivery AND
 by 10am FRIDAY to cancel
 Monday meal delivery.

**MENU IS SUBJECT TO CHANGE
 WITHOUT NOTICE.**



January 2025 Meals on Wheels Cold Meal Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NO MEALS ON WHEELS 	2 Egg Salad Sandwich with Fruit Cup with Cheese & Crackers	3 Roast Beef Sandwich with Macaroni Salad & Fruit	4
5	6 Turkey Sandwich with Cheese 3 Bean Salad & Applesauce	7 Assorted Sandwich with Chips, Pickle & Fruit	8 Ham Sandwich with Cheese & Crackers & Mandarin Oranges	9 Grilled Cheese Sandwich with Pears & Carrots w/Dip	10 Assorted Sandwich with Chips, Pickle & Fruit	11
12	13 Muffin, Hard Boiled Egg, Yogurt Parfait, Fruit Cup, & Cheese & Crackers	14 Turkey Sandwich with Cheese, 3 Bean Salad & Applesauce	15 Cream Cheese & Cucumber Sandwich with Hard Boiled Egg & Pineapple	16 Egg Salad Sandwich with Fruit Cup with Cheese & Crackers	17 Grilled Cheese Sandwich with Pears & Carrots w/Dip	18
19	20 NO MEALS ON WHEELS 	21 Tuna Fish Sandwich with Tropical Fruit Cup & treat	22 Cream Cheese & Cucumber Sandwich with Hard Boiled Egg & Pineapple	23 Chicken over Garden Salad with Crouton, & Fruit Cocktail	24 Roast Beef Sandwich with Macaroni Salad & Fruit	25
26	27 Turkey Sandwich with Cheese, 3 Bean Salad & Applesauce	28 Muffin, Hard Boiled Egg, Yogurt Parfait, Fruit Cup, & Cheese & Crackers	29 Bologna Sandwich with Cheese, 3 Bean Salad & Fruit Cocktail	30 Ham Sandwich with Cheese & Crackers & Mandarin Oranges	31 Grilled Cheese Sandwich with Pears & Carrots w/Dip	