





Our mailing address is:
 Meals on Wheels of Bennington County
 124 Pleasant Street
 Bennington, VT 05201

Bennington Cafe Meal Site
 Monday - Friday 11:30 am - 1:00 pm
 124 Pleasant Street, Bennington
 BENNINGTON OFFICE: 442-8012

Meals on Wheels of Bennington County

January 2020

Age 60+ a minimum donation
 of \$4.00 is encouraged.
 Under 60 there is a charge of \$5.00
 SENIOR HELP LINE: 1-800-642-5119

			<p>New Year's Day Meals on Wheels is Closed</p> 	<p>Goulash California Blend Veggies. Whole Wheat Garlic Bread Kidney Bean Salad Fruited Yogurt</p>	<p>Egg Salad Plate Cottage Cheese w/Peaches Fresh Vegetable Salad Whole Wheat Bread Lettuce and Tomato Oatmeal Cookie</p>
<p>Chicken Stew over Biscuit Mixed Vegetables Apple Crisp Greek Yogurt</p>	<p>Herb Encrusted Fish Oven Roasted Potatoes Green Beans Coleslaw Whole Wheat Bread Orange Wedges</p>	<p>Split Pea and Ham Soup Cheddar Cheese Biscuit Broccoli with Lemon Butter Hard Boiled Egg Chef's Choice Dessert</p>	<p>Beef Stroganoff over Egg Noodles Glazed Fresh Carrots Braised Red & Green Cabbage Pineapple</p>	<p>Pizza Du Jour Yellow Beans Sautéed Spinach Fruited Jell-O</p>	
<p>Carrot Ginger Soup Broccoli Casserole Whole Wheat Biscuit Cottage Cheese Baked Apple</p>	<p>Beef Stew with Biscuit Scalloped Tomatoes Fresh Squash Applesauce</p>	<p>Chicken Salad Plate Potato Salad Carrot Raisin Salad Lettuce and Tomato Whole Wheat Bread Yogurt</p>	<p><i>Birthday Lunch</i> Lasagna Bundles Green Beans Garlic Bread Tossed Salad Birthday Dessert</p> 	<p>Sausage, Egg, and Cheese Sandwich Oven Roasted Potatoes Celery Bake Chef's Choice Dessert</p>	
<p>Baked Cheese Ziti Broccoli and Carrot Mix Garlic Rolls Strawberry Yogurt</p>	<p>Shepherd's Pie Southern Greens Stewed Tomatoes Whole Wheat Bread Fruit Cup</p>	<p>Chili Dogs with Cheese Brown Rice Pilaf Mixed Vegetables Coleslaw Oatmeal Cookie</p>	<p>Country Herbed Baked Chicken Filet Baked Potato Dilled Carrots Tossed Salad Peaches</p>	<p>Stir-fry Pork & Vegetables Fried Rice Sesame Beans Pineapple Fortune Cookie</p>	
<p>Scalloped Ham & Potato Casserole Tomato Parm Braised Cabbage Cucumber Salad Orange Wedges</p>	<p>Deconstructed Stuffed Cabbage Scalloped Corn Dilled Carrots 4-bean Salad Bananas</p>	<p>Quiche Du Jour Butternut Squash Sautéed Spinach Tossed Salad Whole Wheat Bread Applesauce</p>	<p>Meatball Sandwich Broccoli Cauliflower Yogurt Fruited Jell-O</p>	<p>Café Closed Grilled Cheese Tomato Soup Mixed Beans Tossed Salad Melon</p>	