



# January 2025

Suggested Donation is \$4.00 Per Meal.

If you won't be home to receive your meal, please call 888-5011 Ext 0 to cancel by 9am.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> CLOSED New Years Day Holiday Please call to let us know if you would like a frozen meal for this day. 802-888-5011	<b>2</b> Stuffed Peppers (rice, <b>VT Beef</b> , tomato sauce), Brussell Sprouts, Warm Pineapple Chunks, WG Dinner Roll	<b>3</b> Creamy Tomato Bisque, Sliced Turkey on WG Croissant, Carrot Raisin Salad, Tropical Fruit Salad,
<b>6</b> Orange Chicken over Vegetable Fried Rice, Steamed Cauliflower, Diced Carrots, 100% Juice	<b>7</b> Beef Stew (tender beef, carrots, potatoes, gravy), Five Way Veggies, Warm Pumpkin Bread	<b>8</b> <i>Frozen Meal of the Week</i> WG Spaghetti with <b>VT Beef</b> Meat Sauce, Capri Blend Veggies, Seasoned Broccoli, Garlic Bread	<b>9</b> Ham & Cheddar Quiche, Curry Garbanzo Beans, Sweet & White Home fries, Oatmeal Raisin Cinnamon Round	<b>10</b> Broccoli Cheddar Soup, Chicken Salad w/ WG Pretzel, Fresh Grapes, Three Bean Salad
<b>13</b> WG Potato Crusted Fish Fillet, Lemon Parsley Couscous, Antigua Medley, Seasoned Corn, Craisins	<b>14</b> Sloppy Joe w/ VT Beef, over Baked Sweet Potato, Capri Blend Veggies, Warm Corn Bread	<b>15</b> <i>Frozen Meal of the Week</i> Roasted Turkey, Mashed Potato & Gravy, Seasoned Peas & Carrots, Savory Stuffing, Cranberry Jell-O	<b>16</b> Harvest Mac & Cheese, Seasoned Spinach, Italian Diced Tomatoes, Happy Birthday Chocolate Cake & Peanut Butter Icing	<b>17</b> Corn Chowder, Egg Salad on WG Bread, Fresh Diced Melon, Citrus Couscous Salad, Harvest Crisp
<b>20</b> CLOSED Martin Luther King Jr. Day Please call to let us know if you would like a frozen meal for this day. 802-888-5011	<b>21</b> Turkey and Biscuits (peas, carrots, gravy, whole grain biscuit), Seasoned Winter Squash, Warm Zucchini Bread	<b>22</b> <i>Frozen Meal of the Week</i> Shepherd's Pie with <b>VT Beef</b> , Broccoli, Warm Peach Crisp, WG Bread	<b>23</b> Breaded Pork Chop, Baked Sweet Potato, Baked Apples with Cinnamon, Pumpkin Muffin	<b>24</b> Creamy Tomato Bisque, Tuna Salad on WG Bun, Carrot Raisin Salad Fresh Orange Wedges
<b>27</b> Sweet & Sour Meatballs over WG Rice, Antigua Medley, Seasoned Broccoli, Papaya Fruit Cup	<b>28</b> American Chop Suey ( <b>VT Beef</b> , Sauce, Pasta, Herbs), California Blend Veggies, Warm Banana Bread	<b>29</b> <i>Frozen Meal of the Week</i> Pot Roast with Potatoes & Carrots, Green Beans, Warm Apple Crisp, WG Dinner Roll	<b>30</b> Stuffed Chicken Breast with Gravy, Tuscan Veggies, Seasoned Peas, Cranberry Muffin	<b>31</b> Mild Garden Chili, Chicken Salad on WG Croissant, Cilantro Corn Salad, Tropical Fruit Salad

When there is inclement weather, we may not be able to deliver your meal.

Please listen to WLVB 93.9 or check our Facebook page for closing updates.

Please use your blizzard meal for weather closings.

If you will not be home to receive your meal, please call MOW to make other arrangements. 802-888-5011 ext. 0

**\*Menu Subject to Change**

### Chicken Noodle Soup with Kale

Total Time: 1 hour 5 minutes

Servings: 4

#### Ingredients:

- 2 tablespoons extra-virgin olive oil, divided
- 1 lb. boneless skinless chicken breasts
- Salt and pepper, to taste
- 1 tsp. dried oregano
- 1 large **onion**, chopped
- 3 large **carrots**, peeled and chopped
- 3 stalks **celery**, chopped
- 2 cloves **garlic**, minced
- 5 cups low-sodium or no sodium chicken broth
- 3 cups water
- 1 bay leaf
- 1 12 oz package noodles of choice
- 1 bunch **Tuscan kale**, stemmed and chopped
- Juice of 1 lemon

#### Directions:

1. Heat 1 tablespoon of the olive oil in a large pot or Dutch oven over medium high heat.
2. Season chicken breasts with oregano, salt and pepper on both sides. Add chicken to pot and cook through, about 8 minutes per side.
3. Remove chicken from pot and allow to rest for 10 minutes before chopping into bite size pieces.
4. To the same pot the chicken was cooked in, heat remaining 1 tablespoon of oil over medium high heat.\* Add onion, carrot, and celery and cook until softened, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute.
5. Pour all of the chicken broth and water over the veggies, as well as the bay leaf. Cook this at a simmer for about 15 minutes and then increase heat to high to bring to a boil.
6. Once mixture is boiling, add noodles and cook to al dente according to package instructions.
7. Discard bay leaves and then stir in kale, lemon juice and chopped chicken. Remove pot from heat and enjoy!

\*Note: You may need to use a wooden spoon and a dash of chicken broth to scrape the bottom of the pan first. Make sure to leave this in the pot for yummy flavor!

**Avoid Slipping on Ice:** Make sure to wear shoes with good traction and non-skid soles and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

**Dress for Warmth:** Don't let indoor temperatures get too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves, and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs. Your body temperature should never dip below 95 degrees.

**Fight Wintertime Depression:** In the wintertime seniors have less contact with others. This can breed feelings of loneliness and isolation. Be sure to have contact with loved ones, neighbors, and friends often throughout the week during winter months.

**Prepare for Power Outages:** Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

**Eat a Varied Diet:** Because we spend more time indoors during the winter months, most will lack Vitamin D. Eat foods fortified with Vitamin D, such as milk, grains, tuna, and salmon.

**Prevent Carbon Monoxide Poisoning:** Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments-many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.