



January 2019



	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
Senior Meal Suggested Donation Lunch \$2.00 Under 60 years \$6.00 Menu Subject to Change Service from 11:30am-12:30pm	<u>Happy New Year</u> ALL CENTERS CLOSED	Black Eyed Peas and Ham Steamed Carrots Garden Salad w/LF Dressing Green Chili Cornbread Fresh Apple Peanut Butter Cookie	Beef Stroganoff Over Fettucine Steamed Green Beans Garden Salad w/LF Dressing Garlic Breadstick Fresh Orange	Baked Pork Chop Mashed Potatoes & Gravy Steamed Country Veggies Garden Salad w/LF Dressing WW Roll w/Margarine Chilled Applesauce
MONDAY 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11
Baked Chicken Breast Roasted Red Potatoes Steamed Peas and Carrots Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Apricots	Breakfast for Lunch Bacon, Egg and Cheese Burrito w/Red Chile Sauce Grilled Bell Peppers and Onions Breakfast Potatoes Chilled Mandarin Oranges	Chicken Parmesan Spaghetti With Marinara Sauce Steamed Italian Vegetables Caesar Salad w/LF Dressing Garlic Toast Chilled Fruit Cocktail	Stuffed Bell Peppers Steamed Cauliflower Beet and Onion Salad WW Roll w/Margarine Chilled Pears	Sweet and Sour Pork/Noodle Oriental Vegetables Garden Salad w/LF Dressing Sweet Roll w/Margarine Chilled Peaches Almond Cookie
MONDAY 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18
Salisbury Steak w/Mushroom Gravy Baked Potato Steamed Cabbage Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Pineapple Tidbits	Sloppy Joe Sandwich Roasted Red Potatoes Steamed Broccoli Garden Salad w/LF Dressing Chilled Peaches	Chef's Salad w/Turkey, Ham, Tomato, Cheese & Egg Croutons Club Crackers Fresh Orange Banana Pudding	Spaghetti W/Marinara & Cheese Steamed Green Beans Garden Salad w/LF Dressing Garlic Breadstick Chilled Pears (Meatless Meal)	Lemon Pepper Tilapia Roasted Herbed Potatoes Steamed Peas Coleslaw WW Roll w/Margarine Chilled Fruit Cocktail
MONDAY 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25
<u>ALL CENTERS CLOSED</u> <u>Martin Luther King Day</u>	Garlic/Ginger Chicken Steamed Brown Rice Steamed Carrots & Peas Garden Salad w/LF Dressing Sweet Roll w/Margarine Fresh Orange	Meatloaf Mashed Potatoes & Gravy Steamed Mixed Vegetables Garden Salad w/LF Dressing Biscuit w/Margarine Fresh Apple	Orange Chicken over Rice Steamed Broccoli Garden Salad w/LF Dressing Sweet Roll w/Margarine Chilled Fruit Cocktail Fortune Cookie	Beef and Cheese Lasagna Steamed Italian Veggies Cucumber, Tomato & Onion Salad Garlic Toast Chilled Pears
MONDAY 28	TUESDAY 29	WEDNESDAY 30	THURSDAY 31	
Country Fried Steak Mashed Potatoes & Gravy Steamed Green Beans Garden Salad w/LF Dressing Biscuit w/Margarine Chilled Pears	Frito Pie Chuckwagon Corn Shredded Lettuce/Tomatoes Flour Tortilla Fresh Watermelon Peanut Butter Cookie	Roasted Pork Loin w/AuJus Quinoa w/Sour Cream Steamed Mixed Veggies Garden Salad w/LF Dressing Soda Bread Chilled Fruit Cocktail	GC Cheese Enchiladas Pinto Beans Steamed Zucchini and Onions Garden Salad w/LF Dressing Chilled Peaches (Meatless Meal)	2% Milk Served w/Each Meal Can Fruit in Light Syrup WW= Whole Wheat GC=Green Chili RC=Red Chili HM = Honey Mustard
Final Approved				