



January 2021



FRIDAY 1

**HAPPY
NEW YEAR
ALL
CENTERS
CLOSED**

***HERE'S WISHING
YOU ALL A HAPPY
AND HEALTHY
NEW YEAR
STAY SAFE***



1% Milk Served w/Each Meal
Can Fruit in Light Syrup
WW= Whole Wheat
GC=Green Chili
RC=Red Chili
HM = Honey Mustard

**Senior Meal Suggested Donation
Lunch \$2.00
Under 60 years \$6.00
Menu Subject to Change
Service from 11:30am-12:30pm**

MONDAY 4*

TUESDAY 5

WEDNESDAY 6

THURSDAY 7*

FRIDAY 8

Black Eyed Peas and Ham
Steamed Carrots
Green Chili Cheese Cornbread
Margarine and Honey
Fruit Juice

Breakfast for Lunch
Ham, Egg and Cheese Muffin
w/Gravy
Steamed Spinach and Onions
Breakfast Potatoes
Fresh Orange

Hearty Cream of Chicken Soup
W/ Potatoes and Veggies
Garden Salad w/LF Dressing
WW Roll w/Margarine
Fruit Juice

Baked Ziti w/Parm Cheese
Buttered Artichoke Hearts
Garlic Breadstick
Chilled Fruit
Peanut Butter Cookie
(Meatless Meal)

Sloppy Joe Sandwich
Roasted Red Potatoes
Steamed Broccoli
Coleslaw
Chilled Fruit

MONDAY 11*

TUESDAY 12*

WEDNESDAY 13

THURSDAY 14*

FRIDAY 15

Salisbury Steak w/Mushroom Gravy
Mashed Potatoes
Steamed Cabbage
Biscuit w/Margarine
Chilled Pineapple Tidbits

GC Chicken & Cheese Enchilada
Pinto Beans
Spanish Rice
Chilled Fruit

**Chef's Salad w/Turkey, Ham,
Tomato, Cheese & Egg**
Croutons
Club Crackers
Fresh Watermelon
Pudding

Homemade Chili
w/Beef and Beans
Shredded Cheese
Flour Tortilla
Fresh Banana

Fish Filet Sandwich
Roasted Red Potatoes
Steamed Peas
Coleslaw
Chilled Fruit

MONDAY 18

TUESDAY 19*

WEDNESDAY 20*

THURSDAY 21*

FRIDAY 22*

ALL CENTERS CLOSED

Martin Luther King Day

Garlic/Ginger Chicken
Steamed Rice
Steamed Peas and Carrots
Sweet Roll w/Margarine
Fresh Orange

Meatloaf
Mashed Potatoes & Gravy
Steamed Mixed Vegetables
Biscuit w/Margarine
Fresh Apple

Spaghetti w/Meatsauce
Steamed Italian Veggies
Creamy Cucumber Salad
Garlic Breadstick
Fresh Fruit

GC Chicken Stew
Pinto Beans
Chuckwagon Corn
Flour Tortilla
Chilled Fruit

MONDAY 25*

TUESDAY 26

WEDNESDAY 27*

THURSDAY 28*

FRIDAY 29*

Country Fried Steak
Mashed Potatoes & Gravy
Steamed Green Beans
Biscuit w/Margarine
Chilled Fruit

Frito Pie
Chuckwagon Corn
Shredded Lettuce/Tomatoes
Flour Tortilla
Fresh Fruit
Peanut Butter Cookie

Hearty Beef Stew
w/Potatoes, Celery,
Carrots, and Onions
Biscuit w/Margarine
Chilled Fruit

Spinach Lasagna
Steamed Veggies
Garden Salad w/LF Dressing
Breadstick
Chilled Fruit
(Meatless Meal)

Baked Chicken
Rice Pilaf
Steamed Green Beans
WW Roll w/Margarine
Chilled Fruit

FINAL