



# January

## Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <i>Ageing Partners and all senior centers will be closed for the New Year's Day holiday.</i>	<b>3</b> Calico bean casserole Garden lettuce salad Cornbread Orange sections	<b>4</b> Meat loaf w/catsup garnish Dill roasted potatoes Vegetable blend Whole wheat bread Ambrosia	<b>5</b> Chicken tortilla soup w/cheese garnish Crackers Broccoli salad Fruit quarters Tapioca	<b>6</b> Pork roast Creamed peas and potatoes Low-sodium V-8 juice Rye bread Cranberry baked apples
<b>9</b> Lemon chicken Savory rice Green beans Frozen mixed fruit Bread pudding w/vanilla sauce	<b>10*</b> Ham slice Sweet potatoes Asparagus Gingerbread w/whipped topping Applesauce	<b>11</b> Beef chili w/cheese garnish Crackers Vegetable gelatin salad Cinnamon roll Orange	<b>12</b> Salmon w/tartar sauce Lemon juice Twice baked potato Cauliflower radish salad Raisin bread Tropical fruit	<b>13</b> Smothered pork chop Rice pilaf 3-bean salad Sourdough bread Apple
<b>16</b> <i>Ageing Partners and all senior centers will be closed for Martin Luther King Jr. Day.</i>	<b>17</b> Turkey slice w/gravy Mashed potatoes Steamed beets Orange cranberry muffin Applesauce	<b>18</b> Tuna noodle casserole Country blend vegetables Whole wheat roll Peaches	<b>19</b> Beef stew Marinated vegetable salad Biscuit w/honey Banana cream flip	<b>20</b> Chicken and noodles Caesar salad Carrots French bread Fruit cocktail
<b>23</b> Chicken salad w/whole wheat bun Potato chowder Barley black bean salad Crackers Apricots	<b>24</b> Beef stroganoff Whole grain pasta Mixed vegetables Whole wheat bread Mandarin oranges	<b>25</b> Salisbury steak Brown rice Tossed salad Fruity muffin Gelatin pear salad	<b>26</b> Chicken patty w/bun Au Gratin potatoes Marinated carrot salad Graham crackers Applesauce	<b>27</b> Turkey slice Sweet potatoes Creamy chopped cauliflower salad Whole grain bread Strawberry delight
<b>30</b> Lasagna Diced carrots Garlic bread Coleslaw Pistachio salad	<b>31</b> Chicken, broccoli and rice casserole Green beans w/slivered almonds Roll Tropical fruit Cookie	<b>Menus are subject to change.</b> <b>All meals include 1 percent or fat-free milk and margarine.</b> <b>Condiments and dressing available for all sandwiches and salads.</b> <b>* Low-sodium entrée is available.</b>		



# January

## Lite Choice Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <i>Aging Partners and all senior centers will be closed for the New Year's Day holiday.</i>	<b>3</b> Chicken salad on rye Carrot sticks Yogurt cup Pineapple tidbits	<b>4</b> Roast beef on sourdough bread Bean soup w/crackers Sliced peaches	<b>5</b> Egg salad sandwich Vegetable strips Nutri-grain bar Mandarin oranges	<b>6</b> Chicken salad sandwich Potato soup Crackers Coleslaw Chocolate pudding Fruit
<b>9</b> Chef salad w/diced ham, tomatoes, shredded cheese and black olives, Whole wheat roll Emerald pear whip	<b>10</b> Cold oven fried chicken Potato salad Baked beans Roll Mixed fruit cup	<b>11</b> Turkey and cheese sandwich Low-sodium V-8 juice One cup salad Nutri-grain bar	<b>12</b> Ham and cheese pasta salad Tomatoes Bread Orange	<b>13</b> Sloppy Joe Whole wheat bun Garden peas Potato chips Applesauce
<b>16</b> <i>Aging Partners and all senior centers will be closed for Martin Luther King Jr. Day.</i>	<b>17</b> Ham and cheese sandwich Potato salad Fruit	<b>18</b> BBQ beef on a bun Green bean salad Chips Fruity California salad	<b>19</b> Polish sausage on a bun Sauerkraut Potato salad Mandarin oranges	<b>20</b> Pimento cheese salad sandwich Whole grain bread Hard-boiled egg Low-sodium V-8 juice Fruit
<b>23</b> Roast beef sandwich Vegetable soup w/crackers Mixed fruit	<b>24</b> Turkey sandwich w/whole grain bread 3-bean salad Granola bar Apple	<b>25</b> Cheese sandwich Tomato soup w/crackers Carrot raisin salad Strawberry banana salad	<b>26</b> Scrambled egg burrito w/shredded cheese, salsa, sour cream Fiesta beans Mixed fruit	<b>27</b> Oven fried chicken Potato salad Roll Fruit
<b>30</b> Egg salad sandwich Corn chowder w/crackers Chick pea salad Grape juice Oatmeal cookie	<b>31</b> Chili w/crackers Lettuce salad Muffin Fruit	<b>Menus are subject to change.            All meals include 1 percent or fat-free milk and margarine.            Condiments and dressing available for all sandwiches and salads.</b>		