January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
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				Center Closed
4	5	6	7	8
Beef Stew (1Cup)	Baked Fish (4 oz)	BBQ Chicken Breast (4 oz)	Sliced Turkey (3 oz) w/ Gravy	Meatloaf (4 oz)
Peanut Butter Sandwich w/w Bread	Macaroni and Cheese (1/2 cup)	Cole Slaw (1/2 Cup)	Herb Stuffing (1/2 Cup)	Mashed Potatoes (1/2 c) & Gravy (1/4 c)
Corn (1/2 c) Celery Sticks (6 ct)	Stewed Tomatoes (1 cup)	Baked Beans (1/2 Cup)	Corn Pudding (1/2 Cup)	Green Beans (1/2 cup) w/w Roll
Peaches (1/2 cup)	Fresh Orange	w/w Roll & Pineapple (1/2 cup)	Mixed Vegetables (1/2 c) & fresh Apple	Fruit Cocktail (1/2 cup)
11	12	13	14	15
Cream of Spinach Soup (1 Cup)	Beef Tips (1 Cup)	Cheeseburger (3 oz on W/G Roll)	Baked Chicken Breast (4 oz)	Salisbury Steak (3 oz)
Tuna Sandwich (1/2 c) w/ WG Roll	Mashed Potatoes (1/2 c) & Gravy (1/4 c)	Potato Wedges (6-7 ct)	Au Gratin Potatoes (1/2 Cup)	Mashed Potatoes (1/2 c) & Gravy (1/4 c)
Tossed Salad	California Vegetables (1/2 C)	Corn (1/2 Cup)	Mixed Vegetables (1/2 Cup)	California Vegetables (1/2 Cup)
Fresh Orange	Pineapple (1/2 Cup)	Apple Cabbage Salad (1/2 Cup)	w/w/ Roll and Med Banana	Peaches (1/2 Cup)
18	19	20	21	22
Center Closed	White Bean and Ham Soup (1 c)	Baked Chicken (4 oz)	Fish Sandwich (3 oz on W/G Roll)	Spaghetti (1 cup) & Meatballs (6 - .5 oz)
	Spinach (1/2 C) W/G Biscuit	Herbed Potatoes (1/2 Cup)	French Fries (6-7 ct)	Tossed Salad (1 cup)
	Tossed Salad (1 Cup)	Broccoli (1/2 c) W/W Roll	Cole Slaw (1/2 Cup)	Garlic Bread (2x3 cube)
	Med Banana	Pears (1/2 cup)	Fresh Apple	Apple Sauce (1/2 cup)
25	26	27	28	29
Vegetable Soup (1 Cup)	Chicken Ala King (1 Cup)	Fish Fillet (3 oz)	Sloppy Joes (1/2 C on W/G Roll)	Pork Loin (3 oz)
Turkey Sandwich (3 oz on W/G Roll)	Egg Noodles (1 Cup)	Scalloped Potatoes (1/2 Cup)	Potato Wedges (6-7 ct)	Mashed Potatoes (1/2 c) & Gravy (1/4 c)
Tossed Salad (1 Cup)	Mixed Vegetables (1/2 Cup)	California Vegetables (1/2 C)	Corn (1/2 Cup)	Green Beans (1/2 cup) w/w Roll
Pineapple (1/2 Cup)	Celery Sticks (6 ct) & Peaches (1/2 c)	W/W Roll & Fresh Orange	Pears (1/2 Cup)	Fresh Apple

Suggested Donation for Seniors: $2.50

Non-Senior Cost: $5.25 required