

SENIOR CENTERS JANUARY MENU

Carbohydrate servings are posted at each center with recommendations for diabetes management.
Your \$2.50 donation is appreciated so all can eat. This menu is low sodium/low fat.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>HAPPY NEW YEAR!</p> <p>CENTERS CLOSED</p> <p style="text-align: right;">2</p>	<p>Salisbury Steak W/ Gravy Delmonico Potatoes Peas Fruited Gelatin</p> <p style="text-align: right;">3</p>	<p>Bratwurst Sandwich O'Brien Hashbrowns Sauerkraut Fruit</p> <p style="text-align: right;">4</p>	<p>Veggie Shepherd's Pie Green Beans Fruit Cocktail Cookies</p> <p style="text-align: right;">5</p>	<p>Pot Roast W/Gravy Mashed Potatoes Peas & Carrots Pudding Fruit</p> <p style="text-align: right;">6</p>
<p>Birthday Monday! Meatloaf W/Gravy Mashed Potatoes Stewed Tomatoes Corn O'Brien Birthday Cake</p> <p style="text-align: right;">9</p>	<p>Chicken Breast Penne Pasta Broccoli Fruited Gelatin</p> <p style="text-align: right;">10</p>	<p>Beef Stew Fruit Cocktail Pudding Biscuits</p> <p style="text-align: right;">11</p>	<p>Italian Chicken Breast Spaghetti Spinach Mixed Vegetables</p> <p style="text-align: right;">12</p>	<p>Sweet & Sour Meat Balls Yellow Rice Diced Carrots Apples</p> <p style="text-align: right;">13</p>
<p>HAPPY MARTIN LUTHER KING DAY!</p> <p>CENTERS CLOSED</p> <p style="text-align: right;">16</p>	<p>Chicken Alfredo Penne Pasta Spinach Mixed Vegetables</p> <p style="text-align: right;">17</p>	<p>Pork Rib Patty W/Gravy Potatoes O'Brien Cabbage Tossed Salad</p> <p style="text-align: right;">18</p>	<p>Veal Patty Rice Green Peas Ambrosia Pudding</p> <p style="text-align: right;">19</p>	<p>Pork Roast W/Gravy Mashed Potatoes Spinach Fruit</p> <p style="text-align: right;">20</p>
<p>Chicken Casserole Brown Rice Cabbage Peaches & Pears Mix</p> <p style="text-align: right;">23</p>	<p>Meatloaf W/Gravy Mashed Potatoes Stewed Tomatoes Pudding</p> <p style="text-align: right;">24</p>	<p>Fish Sandwich Mixed Vegetables Winter Fruit Compote Lettuce/Tomato</p> <p style="text-align: right;">25</p>	<p>Beef Patty W/Gravy Mashed Potatoes Broccoli au Gratin Fruited Gelatin</p> <p style="text-align: right;">26</p>	<p>Lemon Pepper Chicken Penne Pasta Green Beans Chuckwagon corn Cookies</p> <p style="text-align: right;">27</p>
<p>Bratwurst Sandwich O'Brien Hashbrowns Sauerkraut Fruit</p> <p style="text-align: right;">30</p>	<p>Beef Stroganoff Brown Rice Carrots Broccoli Fruit</p> <p style="text-align: right;">31</p>			<p>MEALS ON WHEELS MENUS MAY VARY</p>