



JANUARY 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Modified Diet Choices Cardiac Diabetic Diverticulitis</p> <p>Texture Choices Regular Chopped Pureed</p> <p>Milk Choices Skim 2% Chocolate</p>	<p>Jan. 1 New Year's Day</p> <p>HAPPY NEW YEAR CLOSED PLEASE USE HOLIDAY MEAL</p>	<p>Jan. 2</p> <p>Bacon Cheddar Burger w/ Pickle Spear & Onion Onion Rings Capri Blend Veggies Hamburger Bun BBQ Sauce Pkt. Fruit or Fruit Juice</p>	<p>Jan. 3</p> <p>Ham & Potato Soup Seasoned Kale Warm Cornbread w/ Marg. Crackers Fruit or Fruit Juice Lemon Crème Cake</p>	<p>Jan. 4</p> <p>Cheese Pizza Italian Blend Veggies Warm Country Apples Cucumber & Onion Salad W. W. Bread W. Marg.</p>
<p>Jan. 7</p> <p>Philly Steak w/ Cheese, Green Pepper, & Onion Oven Baked Potato Wedges Stewed Tomatoes Hoagie Bun Mayo Pkt. Fruit or Fruit Juice</p>	<p>Jan. 8</p> <p>Chicken Tetrzzini Golden Hominy Steamed Broccoli W. W. Bread w/ Marg. Fruit or Fruit Juice Cookie</p> 	<p>Jan. 9</p> <p>Pork Roast w/ Stuffing & Gravy Mashed Potatoes w/ Gravy Seasoned Green Beans W. W. Bread w/ Marg. Fresh Fruit Cheese Cake w/ Cherry Topping</p>	<p>Jan. 10</p> <p>Baked Steak w/ Gravy Whipped Sweet Potatoes Coined Carrots Dinner Roll w/ Marg. Fruit or Fruit Juice Apple Streusel Bread</p>	<p>Jan. 11</p> <p>Choice: French Toast w/ Sausage Links or Turkey Bacon Strips Potatoes O'Brien Garden Blend Veggies Fruit ov/ Cottage Cheese Bana-Nut Muffin Syrup & Marg. Pkts</p>
<p>Jan. 14</p> <p>Sausage & Potato Skillet Asparagus Warm Fruit Biscuit w/ Marg. & Apple Butter Cookie</p>	<p>Jan. 15 Martin Luther King Jr. Day</p> <p>Sub w/ Ham & Turkey w/ Cheese, Lettuce, Tomato, & Pickle Beets Macaroni Salad Bun Pringles Mayo Pkt. Fruit or Fruit Juice</p>	<p>Jan. 16</p> <p>Taco Seasoned Beef w/ Tortilla Chips on side Fire Roasted Corn & Black Beans Warm Fruit Shredded Lettuce w/ Cheese Sour Cream & Salsa Pkts.</p>	<p>Jan. 17</p> <p>Chicken & Noodles Mashed Potatoes Onion Seasoned Green Beans Dinner Roll w/ Marg. Fresh Fruit</p>	<p>Jan. 18</p> <p>Choice: Salmon or Chicken Patty Creamed Peas Caribbean Blend Veggies Bun Fruit or Fruit Juice Fruit Crisp</p>
<p>Jan. 21</p> <p>Country Fried Steak w/ Gravy Mashed Potatoes w/ Gravy French Green Beans W. W. Beans w/ Marg. Fruit or Fruit Juice Apple Streusel Bread</p>	<p>Jan. 22</p> <p>Choice: Vegetable Chicken Soup or Tomato Soup Seasoned Spinach Warm Dinner Roll w/ Marg. Fruit ov/ Cottage Cheese Crackers Cookie</p>	<p>Jan. 23</p> <p>Shepard's Pie Wax Beans w/ Pimento Warm Fruit Biscuit w/ Marg. Pudding Cup</p>	<p>Jan. 24</p> <p>Brown Sugar Glazed Ham Whipped Sweet Potatoes Winter Blend Veggies Biscuit w/ Marg Fruit Juice Pineapple Upside Down Cake</p>	<p>Jan. 25</p> <p>Cheese Omelet Seasoned Diced Potatoes Stewed Tomatoes W. W. Bread w/ Marg. Fresh Fruit Plain Spice Cake</p> 
<p>Jan. 28</p> <p>King Ranch Chicken ov/ Brown Rice Seasoned Black Beans Broccoli W. W. Bread w/ Marg. Fruit or Fruit Juice Pudding Cup</p> 	<p>Jan. 29</p> <p>Choice: Mushroom Swiss or Cheese Burger w/ Onion & Pickle Ranch Seasoned Potato Wedges Cinnamon Maple Carrots Bun Ketchup Pkt. Blueberries</p>	<p>Jan. 30</p> <p>Chef Salad: Lettuce, Chicken, Ham, Cheese Green Pepper, Tomatoes, Carrots, Cucumbers, Mushrooms, Green Peas Crackers Dressing Fresh Fruit Red Velvet Cake w/ Cream Cheese Icing</p>	<p>Jan. 31</p> <p>Chili-Mac Casserole w/ Cheddar Cheese Capri Blend Veggies Steamed Brussels Sprouts Fruit or Fruit Juice Chocolate Chip Muffin</p>	<p>Choice of Entrée - You must have the choice slip from your newsletter turned in by the date specified. If the choice slip is not turned in, you will receive the first item on that date.</p>

CONGREGATE SITE RESERVATIONS received the same day may not always be served what is on the menu. Please call one day in advance.

VOLUNTARY CONTRIBUTIONS FOR PERSONS AGED 60 & OLDER. THOSE UNDER AGE 60: THE CHARGE IS \$8.75 PER MEAL.

2018 Nutrition Programs are funded by: Title-III of the Older Americans Act via C.O.A.A.A., MOW Senior Services Levy, Client & Community Donations, and Agency Fundraising.

YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED. Participants over age 60 will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts.