

January 2023

Alternate Meal Schedule (Senior Center Lunches Only)



Turkey Sandwich with Soup:

Jan 3-4 Cream of Potato
Jan 5-6 Vegetable Beef
Jan 17-18 Chicken Noodle

Jan 19-20 Cream of Broccoli
Jan 30-31 Chicken Noodle

Salad:

Jan 9-13
Jan 23-27

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 No Meal (observed)</p> 	<p>3 Malibu Chicken with Honey Mustard Sauce (08) Au Gratin Potatoes (22) Seasoned Green Beans (02) Fresh Baked Roll (16) Fruit Cocktail (14)</p>	<p>4 Three Bean Beef Chili (3) Seasoned California Blend Vegetables (18) Corn Chips (18) Cheese (22) Peaches (18) Brownie (23)</p>	<p>5 Roast Turkey Breast (03) Garlic Mashed Potatoes & Turkey Gravy (25) Diced Carrots (06) Fresh Baked Roll (15) Mandarin Oranges (11)</p>	<p>6 Country Fried Steak (4) Mashed Potatoes & Gravy (27) Mixed Vegetables (12) Fresh Baked Roll (15) Fresh Orange (22)</p>
<p>9 Teriyaki Chicken Bowl (08) Steamed Brown Rice (21) Fresh Steamed Broccoli (04) Fruit Cocktail (14) Fresh Baked Roll (15) Chocolate Brownie (23)</p>	<p>10 Cheesy Italian Sausage Pasta Bake (19) Green Beans (02) Fresh Garlic Roll (15) Apple Sauce (14)</p>	<p>11 Homemade Meatloaf (3) Garlic Mashed Potatoes & Gravy (30) Roasted Corn (14) Fresh Baked Roll (15) Navel Orange (22)</p>	<p>12 Egg, Sausage, and Cheese Breakfast Burrito (16) Tater Tots (18) Apple Crisp (67)</p>	<p>13 Garlic Roasted Beef Round (00) Herb Mashed Potatoes with Gravy (30) Peas (11) Jell-O with Fruit (14) Fresh Baked Roll (16)</p>
<p>16  NO MEAL</p>	<p>17 BBQ Chicken (03) Au Gratin Potato (19) Seasoned Green Beans (02) Fresh Orange (22) Fresh Baked Roll (16)</p>	<p>18 Shepherd's Pie (79) Seasoned Carrots (06) Pears (12) Garden Green Salad (02) Chocolate Brownie (23)</p>	<p>19 Savory Chicken Salad Wrap (18) Italian Pasta Salad (20) Kosher Pickle Spears (00) Diced Peaches (19)</p>	<p>20 Swedish Meatballs (39) Rice (21) Carrots (06) Garden Green Salad (02) Fresh Baked Roll (16) Apple Crisp (67)</p>
<p>23 Sweet and Sour Chicken (30) Steamed White Rice (21) Stir Fried Vegetables (12) Fresh Apple (12) Fortune Cookie (24)</p>	<p>24 Rigatoni Pasta with Meat Sauce (25) Green Beans (02) Garden Green Salad (02) Apple (12) Garlic Roll (15) Brownie (23)</p>	<p>25 Santa Fe Shredded Turkey on Brown Rice (30) Roasted Corn (14) Black Beans (23) Fresh Baked Roll (16) Orange (22)</p>	<p>26 Salisbury Steak (05) Garlic Mashed Potatoes and Gravy (26) Fruit Fluff in Cottage Cheese (28) Mixed Vegetables (12) Fresh Baked Roll (15)</p>	<p>27 Honey Baked Ham (02) Scalloped Potatoes (13) Diced Beets (06) Fresh Corn Bread (33) Apple Sauce (08)</p>
<p>30 Creamed Chicken over White Rice (30) California Blend Veggies (18) Fresh Baked Rolls (16) Pineapple Tidbits (07)</p>	<p>31 Kalua Pork (00) Hawaiian Rice (25) Black Beans (14) Pineapple Tidbits (07) Fresh Baked Rolls (15)</p>	<p>Suggested donation \$3/meal</p>	<p>Low fat milk (12) is provided with each meal Menu subject to change</p>	<p>Number in parentheses represent carbohydrate count</p>