

JANUARY MENU

For Meal Reservations please call 663-6528.
Call at least one day in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Holiday	2 Roast Beef Mashed Potatoes/Gravy Broccoli w/Cheese Sauce Chilled Pears	3 Chicken Cordon Bleu Rice Pilaf Mixed Vegetables Chilled Peaches Pie	4 Stuffed Peppers Baked Potato/Sour Cream Cauliflower Dark Sweet Cherries	5 Hot Ham & Cheese Knoephla Soup Crackers Chilled Tropical Fruit Rice Krispie Bars
8 BBQ Ribs Augratin Potatoes Buttered Corn Fruit Salad Cookie	9 Steak in Onion Gravy Hash Browns Capri Mix Gelatin w/Topping	10 Crispy Chicken Mashed Potatoes/Gravy Creamy Coleslaw Biscuit w/Jelly Mandarin Oranges	11 Beef Stroganoff Buttered Noodles Bread Stick Salad w/Dressing Fruit Salad	12 California Burger Potato Wedges Baby Carrots Banana Bar w/Frosting
15 Holiday	16 Hot Turkey Sandwich Mashed Potatoes/Gravy Country Trio Vegetables Blueberry Cobbler	17 Taco Salad Garlic Toast Chilled Apricots Cheesecake	18 Swiss Steak Hash Brown Bake Mixed Vegetables Orange Cookie	19 Sweet & Sour Chicken Buttered Rice Egg Roll Fortune Cookie Chilled Pineapple
22 Meatloaf Baked Potato/Sour Cream Caribbean Blend Chilled Peaches	23 Pepper Steak Over Rice Garden Blend Vegetables Applesauce	24 Chicken Fried Steak Mashed Potatoes/Gravy Buttered Corn Chilled Plums Brownie	25 Pork Roast or Liver & Onions Baby Baker Potatoes Broccoli Normandy Tropical Fruit	26 Chili Cracker Caramel Roll Coleslaw Banana
29 Creamed Chicken Dumplings Baby Carrots Chilled Plums	30 Cabbage Roll Baked Potato/Sour Cream Sliced Carrots Chilled Peaches	31 Scalloped Potatoes & Ham Buttered Peas White Cake w/Strawberries	Menu Items subject to change based on availability.	

Suggested Contributions
\$3.75/congregate meal
\$3.90/home-delivered meal
EBT/SNAP accepted
The meal price for those under 60 is \$8.40.

Older Americans Act federal regulations require individuals age 60 and older to complete an annual registration in order to participate in the Congregate Meal Program, or a semi-annual registrations to participate in the Home Delivered Meals Program. Individuals are notified when their registrations need to be updated.