




Senior Center Lunch Menu

January 2019

Monday	Wednesday	Friday
 -Indicates Meal is High in Sodium  -Indicates New Menu Item  -Indicates Birthday	<p>2nd Hamburger Patty, Potato Salad, Baked Beans, Wheat Hamburger Bun, Spiced Apples, Coffee, Milk, Ketchup, Mustard</p>	<p>4th Beef Chili with Beans, Baked Potato, Tossed Salad, Saltine Crackers, Pineapple Upside Down Cake, Coffee, Milk, Margarine (2) Sour Cream, Salad Dressing</p>
<p>7th Roast Beef, Brown Gravy, Whipped Potatoes, California Vegetable Blend, Wheat Roll, Birthday Cake, Coffee, Milk, Margarine</p>	<p>9th Breaded Fish Fillet, Parslied Potatoes, Stewed Tomatoes, Wheat Hamburger Bun, Pineapple Tidbits, Coffee, Milk, Tarter Sauce</p>	<p>11th Pineapple Chicken, Red Potatoes, Roasted Brussel Sprouts, Wheat Roll, Fresh Seasonal Fruit, Coffee, Milk, Margarine</p>
<p>14th Cheese Omelet, Roasted Diced Potatoes, Hot Apples with Raisins, Cinnamon Roll, Orange Juice, Coffee, Milk, Margarine</p>	<p>16th # Tomato Basil Chicken, Baked Potato, Mixed Vegetables, Wheat Roll, Chocolate Chip Brownie, Coffee, Milk, Margarine (2) Sour Cream</p>	<p>18th # Turkey Breast, Turkey Gravy, Sweet Potato Casserole, Green Peas, Wheat Roll, Mandarin Oranges, Coffee, Milk, Margarine</p>
<p>21st Breaded Pollock, Baked Potato, Broccoli, Wheat Roll, Fresh Seasonal Fruit, Coffee, Milk, Tarter Sauce, Margarine (2) Sour Cream</p>	<p>23rd Pulled Pork, BBQ Sauce, Whole Kernel Corn, Baked Beans, Wheat Hamburger Bun, Fresh Seasonal Fruit, Coffee, Milk</p>	<p>25th Baked Chicken Breast with Gravy, Whipped Potatoes, Lima Beans, Wheat Bread, Carnival Cookie, Coffee, Milk, Margarine</p>
<p>28th Liver & Onions or Beef with Onion Gravy, Whipped Potatoes, Roasted Brussels Sprouts, Wheat Roll, Fruit Cocktail, Coffee, Milk, Margarine</p>	<p>30th BBQ Pork Rib Patty, Parslied Potatoes, Coleslaw, Wheat Hamburger Bun, Sliced Apples, Coffee, Milk, Red Onion & Pickles</p>	<p>*MENU SUBJECT TO CHANGE WITHOUT NOTICE**</p>