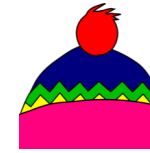

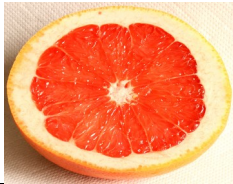


# SENIOR LUNCH MENU



## JANUARY 2020

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Happy New Year !  Center Closed Holiday	2 Meatloaf, Mashed Potatoes, Gravy, Confetti Coleslaw, Assorted Cakes	3 Stuffed Peppers, Zucchini Casserole, Peanut Butter Cookie
6 Chopped Steak, Mashed Potatoes, Gravy, Peas and Mushrooms, Birthday Cake	7 Chicken Florentine, Bread Dressing, Cauliflower w/red peppers, Peach Cobbler	8 Italian Pork Chop, Pinto Beans, Savory Spinach, Fresh Fruit	9 Beefy King Ranch Casserole, Tossed Salad, Dressing, Vegetable Medley, Hawaiian Cup	10 Sliced Roast Beef, Mashed Potatoes, Seasoned Broccoli, Berry Trifle
13 Dixie Chicken, Black Eyed Peas, Mixed Vegetables, Peach Cobbler	14 Honey Glazed Turkey, Parmesan Potatoes, Succotash, Fruit Crisp	15 Beef Stroganoff, Jefferson Noodles, Carrot Coins, Sliced Peaches, Pound Cake	16 Meat Lasagna, Tossed Salad, Dressing, Berry Cup, Brownie	17 Maple Glazed Pork Chop, Baked Potato, Cheese Sauce, Broccoli, Cake w/frosting
20 MLK Birthday! Center Closed	21 Spinach, Mushroom, Cheese lasagna, Caesar Salad w/dressing, Strawberries, Pound Cake	22 Crispy Baked Fish, Creamy Pasta Salad, Calico Coleslaw, Fresh Fruit, Cookie	23 Beef Tips with mushroom gravy, Parsley Noodles, Zucchini Casserole, Poke Cake	24 Fiesta Pork Chop, Brown Rice, Black Eyed Peas, Peanut Butter cookie
27 Stuffed Peppers, Green Beans, Stewed Tomatoes, Chocolate Chip Cookie	28 Italian Meat sauce, Jefferson Noodles, Caesar Salad w/dressing, Rosy Pears	29 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Cake	30 Chicken Rice Casserole, Corn O'Brien, Baby Carrots, Fresh Fruit Salad	31 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Squash Medley, Fruit Trifle

### Healthy Tip of the Month:

Consult a Registered Dietician:

Weather you want to loose weight, lower your cholesterol or simply eat better, consult the experts! Registered dietician can help you by providing sound, easy to follow personalized nutrition advice and put you on the path to losing weight, eating well and reducing your risk of chronic disease. Learn more about RDS at: [www.eatright.orgRD](http://www.eatright.orgRD)

All meals are served with a choice of 2& or Skim Milk and Dinner Roll

