

Please Call your Local Senior Center to Confirm

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tomato Briased cabbage casserole 1/2c Garlic Mashed Potatoes 1/2c Seasoned Broccoli Dinner Roll Fresh Fruit (Apple) Milk/Margarine	2 Call your local Senior Center for meal information.
5 Classic Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Steamed Seasoned Cauliflower Hamburger Bun Fresh Fruit (Banana) Milk/Margarine	6 3 oz. Braised Beef Pot Roast 2 fl. Oz. Pan Gravy 1/2c Cheesy Mashed Potatoes 1/2c Vegetable Medley 1 Wheat Bread Fresh Fruit (Orange) Milk/Margarine	7 3 oz Chopped Beef Steak 2 fl. Oz. Pan Gravy Buttered Rotini Pasta 1/2c Brussels Sprouts Dice Pears Milk/Margarine	8 6 oz. Cheddar Egg Scramble 1/2c Homestyle O'brien Potatoes Buttery Biscuit Orange Juice Milk/Margarine 	9 Call your local Senior Center for meal information.
12  CLOSED	13 6oz. Sesame Orange Chicken over 3/4c Vegetable Fried Rice 1/2c Garlic Green Beans Fresh Fruit (Orange) Fresh Baked Cookie Milk/Margarine 	14 6 oz Sloppy Joe 1/2c Winter Blend Vegetables 1/2c Golden Roasted Potatoes Hamburger Bun Milk/Margarine 	15 1/2c Creamy Chicken Salad Hamburger Bun 1/2c Marinated Tomato Cucumber Salad 1/2c Macaroni Salad Fresh Fruit (Apple) Milk/Margarine	16 Call your local Senior Center for meal information.
19 1c Chicken & Spaetzel Dumpling Soup 1c Garden Tossed Salad 1/2c Brown Sugar Glazed Carrots Buttery Biscuit 1/2c Mandarin Oranges Milk/Margarine 	20 1 Breakfast Omelet 1/4c Corn Beef Hash w/ Peppers/Onions 1/2c Cinnamon Brown Sugar Tri Color Sweet Potatoes 4oz Orange Juice Wheat Bread Milk/Margarine 	21 (4) Swedish Meatballs in Cream Sauce 1/2c Buttered Parsley Pasta 1/2c Steamed Seasoned Cauliflower 1/2c Fruit Medley Milk/Margarine	22 Hot Dog 1/2c Cheddar Cheese Potatoes 1/2c Seasoned Green Peas Hot Dog Bun 1 Cookie	23 Call your local Senior Center for meal information.
26 3oz BBQ Grilled Chicken Breast 1/2c Southern Collard Greens 1/2c Warm Spicked Apples w/ Oatmeal Dinner Roll Milk/Margarine	27 6oz Sausage Egg Scramble 1/2c Homestyle O'Brien Potatoes 4oz Orange Juice Buttery Biscuit Milk/Margarine 	28 (4) Meatballs Parmesan 1/2c Buttered Parsley Penne 1/2c Seasoned Broccoli 1/2c Pineapple Tidbits Milk/Margarine	29 4oz Chicken Philly Hoagie 1c Cream of Potato Soup 1c Garden Tossed Salad Hot Dog Bur Milk/Margarine 	30 Call your local Senior Center for meal information.