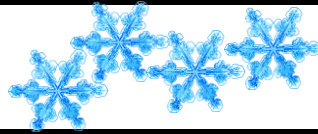


MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>January 1</p> <p><b>Happy New Year!</b></p>	<p>January Birthdays</p> <p>January 2</p> <p>Country Fried Steak with Creamy Gravy Cheesy Whipped Potatoes Peas and Carrots Wheat Bread</p> <p>Birthday Cake</p>	<p>January 3</p> <p>Honey Orange Chicken Breast 1/2 cup Blended Rice Pilaf 1/2 cup Lima Beans White Bread 1/2 cup Pineapple Delight</p>	<p>January 4</p> <p>Creamy Chicken Picatta 1/2 cup Egg Noodles 1/2 cup Cauliflower and Carrots Garlic Breadstick 1/2 cup Applesauce</p>
<p>January 8</p> <p>Bratwurst 1/2 cup Parslied Potatoes 1/2 cup Peas and Onions Hotdog Roll Sugar Cookie Mustard Packet</p>	<p>New Year's Special</p> <p>January 9</p> <p>3 ounces Roasted Pork 1/2 cup Whipped Potatoes 1/2 cup Sauerkraut Dinner Roll Pineapple Upside Down Cake</p>	<p>January 10</p> <p>Baked Meatloaf with 2 ounces Gravy 1/2 cup Whipped Potatoes 1/2 cup Creamed Corn Wheat Bread 1/2 cup Sliced Apples</p>	<p>January 11</p> <p>Chicken and Dumplings 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches</p>
<p>January 15</p> <p><b>Martin Luther King Jr. Day</b> <b>Senior Centers Closed</b></p> <p>FROZEN MEAL</p>	<p>January 16</p> <p>BBQ Beef Ribette 1/2 cup Cheesy Hashbrowns 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches</p>	<p>January 17</p> <p>1 cup Sausage Pizza Casserole with Cheese Topping 1/2 cup Mixed Vegetable Medley Garlic Breadstick Fresh Seasonal Fruit</p>	<p>January 18</p> <p>Chicken Philly Sandwich 3 ounces Chicken with 2 ounces of Onions, Peppers, and Cheese 1 cup Creamy Potato Salad with Crackers Hoagie Roll 1/2 cup Blushed Pears</p>
<p>January 22</p> <p>3 ounces Roasted Turkey with Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Sliced Carrots White Bread Spice Cake with Icing</p>	<p>January 23</p> <p>3/4 cup Baked Ziti with Meatballs (3) with Marinara Sauce with 1 ounce Cheese Topping 1 cup Caesar Salad Italian Bread 1/2 cup Mixed Fruit</p>	<p>January 24</p> <p>Breaded Chicken Cutlet 1/2 cup AuGratin Potatoes 1/2 cup Sweet Peas Wheat Bread 1/2 cup Mandarin Oranges</p>	<p>January 25</p> <p>Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Seasonal Fruit</p>
<p>January 29</p> <p>BBQ Chicken Breast 1/2 cup Scalloped Potatoes 1/2 cup Sweet and Sour Coleslaw Wheat Bread Brownie</p>	<p>January 30</p> <p>Beef Brasciole with 2 ounces Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots White Bread 1/2 cup Sliced Peaches with 1/4 cup Cottage Cheese</p>	<p>January 31</p> <p>Porcupine Ball with 2 ounces of Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Dinner Roll 1/2 cup Cinnamon Apples</p>	

\*\*\* All meals are subject to change \*\*\*

\*\*\* Served Daily: 8 ounces Milk and 1 teaspoon Margarine



**FRIDAY**

**January 5**

3 ounces Warm Roast Beef Sandwich  
with Cheese and Au Jus  
1 cup Vegetable Soup  
with Crackers  
Sandwich Roll  
Fresh Seasonal Fruit

**January 12**

Baked Chicken Florentine  
1/2 cup Rice Pilaf  
1/2 cup Cauliflower  
Wheat Bread  
Baked Pear Crisp



**January 19**

Vegetable Lasagna  
with 2 ounces Parmesan Cheese Sauce  
1 cup Tossed Salad with Hardboiled Egg  
Wheat Bread  
1/2 cup Pineapples and Oranges

**January 26**

Baked Salmon  
with 1 ounce Dill Sauce  
1/2 cup Brown Rice  
1/2 cup Green Beans  
White Bread  
1/2 cup Pineapple Tidbits

