


All meals include milk.

THE OLDER AMERICANS ACT NUTRITION PROGRAM – *Please give whatever you can; help us help others.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Center is Open 8AM-2PM Monday – Friday Ages 60 & older	1 CLOSED NEW YEARS DAY! NO MEAL SERVICES	2 Chicken Patty / Bun w/ Lettuce & Tomato Mashed Potatoes Peas & Carrots Fruit Honey Bun
5 Chicken Cacciatore Parsley Potatoes Brussel Sprouts Fruit Whole Wheat Roll	6 Beef & Bean Burrito Brown Rice Mexican Corn Side Salad Fruit	7 Philly Cheesesteak Sub w/ Pep- pers & Onions Baked Fries Side Salad Fruit	8 Chicken Noodle Soup w/ Car- rots & Celery Chicken Salad Sandwich Cherry Tomatoes Fruit Wheat Crackers	9 Breaded Shrimp Egg Roll Vegetable Rice Green Beans Fruit Cottage Cheese
12 Grilled Chicken Caesar Salad Fruit Cookie Whole Wheat Roll	13 Meatballs w/ Sauce Macaroni & Cheese Lima Beans Wheat Bread Fruit	14 Oven Baked Chicken Boiled Potatoes Pizza Green Beans Fruit	15 BBQ Pulled Pork/ Bun Scalloped Potatoes Cooked Carrots Coleslaw Fruit TC	16 Bean Soup w/ Ham, Celery, Carrots Cornbread Kale Stewed Tomatoes Jell-O w/ Fruit
19 CLOSED MARTIN LUTHER KING JR. DAY! NO MEAL SERVICES	20 Seasoned Chicken Breast Sweet Potatoes Asparagus Fruit Biscuit	21 Fish Fillet/ Bun Au Gratin Potatoes Spinach Cucumber/ Tomato Salad Fruit	22 Broccoli Cheddar Soup Peanut Butter Sandwich Kale Baked Apples Graham Crackers	23 Beef Tips w/ Gravy & Egg Noodles Broccoli Carrots Fresh Fruit
26 Pork Chop w/ Gravy Stuffing White Bean & Spinach Mandarin Oranges Coleslaw	27 Lasagna w/ Meat Sauce Garlic Bread Italian Veggies Fruit Side Salad Watergate Salad	28 COOK'S CHOICE	29 Swiss Steak w/ Tomatoes & Onions Brown Rice w/ Beans Mixed Vegetables Fruit Wheat Bread	30 Open Face Turkey Sandwich w/ Gravy Baby Bakers California Blend, Fruit
If schools are closed due to road conditions, senior centers and meal services are closed. If schools are on a 2 hour delay, we will be open. If schools are dismissing early, we will be closed.				Menu is subject to change.