

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 Bun5
Chicken Cacciatore
Parsley Potatoes
Brussel Sprouts
Fruit
Whole Wheat Roll6
Beef & Bean Burrito
Brown Rice
Mexican Corn
Side Salad
Fruit7
Philly Cheesesteak Sub w/ Peppers & Onions
Baked Fries
Side Salad
Fruit8
Chicken Noodle Soup w/ Carrots & Celery
Chicken Salad Sandwich
Cherry Tomatoes
Fruit
Wheat Crackers9
Breaded Shrimp
Egg Roll
Vegetable Rice
Green Beans
Fruit
Cottage Cheese12
Grilled Chicken Caesar Salad
Fruit
Cookie
Whole Wheat Roll13
Meatballs w/ Sauce
Macaroni & Cheese
Lima Beans
Wheat Bread
Fruit14
Oven Baked Chicken
Boiled Potatoes
Pizza Green Beans
Fruit15
BBQ Pulled Pork/ Bun
Scalloped Potatoes
Cooked Carrots
Coleslaw
Fruit16
Bean Soup w/ Ham, Celery, Carrots
Cornbread
Kale
Stewed Tomatoes
Jell-O w/ Fruit

TC

19 **CLOSED**
MARTIN LUTHER KING JR.
DAY!
NO MEAL SERVICES20
Seasoned Chicken Breast
Sweet Potatoes
Asparagus
Fruit
Biscuit21
Fish Fillet/ Bun
Au Gratin Potatoes
Spinach
Cucumber/ Tomato Salad
Fruit22
Broccoli Cheddar Soup
Peanut Butter Sandwich
Kale
Baked Apples
Graham Crackers23
Beef Tips w/ Gravy & Egg Noodles
Broccoli
Carrots
Fresh Fruit26
Pork Chop w/ Gravy
Stuffing
White Bean & Spinach
Mandarin Oranges
Coleslaw27
Lasagna w/ Meat Sauce
Garlic Bread
Italian Veggies
Fruit
Side Salad
Watergate SaladCOOK'S
CHOICE28
29
Swiss Steak w/ Tomatoes & Onions
Brown Rice w/ Beans
Mixed Vegetables
Fruit
Wheat Bread30
Open Face Turkey Sandwich w/ Gravy
Baby Bakers
California Blend, FruitIf 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.**