

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 1:30PM-3:30PM
 Tuesday, Thursday & Friday
 Meal served at 2:30
 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

6
 Beef & Bean Burrito
 Brown Rice
 Mexican Corn
 Side Salad
 Fruit

7

8
 Chicken Noodle Soup w/ Carrots & Celery
 Chicken Salad Sandwich
 Cherry Tomatoes
 Fruit
 Wheat Crackers

9
 Breaded Shrimp
 Egg Roll
 Vegetable Rice
 Green Beans
 Fruit
 Cottage Cheese

12

13
 Meatballs w/ Sauce
 Macaroni & Cheese
 Lima Beans
 Wheat Bread
 Fruit

14

15
 BBQ Pulled Pork/ Bun
 Scalloped Potatoes
 Cooked Carrots
 Coleslaw
 Fruit

16
 Bean Soup w/ Ham, Celery, Carrots
 Cornbread
 Kale
 Stewed Tomatoes
 Jell-O w/ Fruit

TC

19

20
 Seasoned Chicken Breast
 Sweet Potatoes
 Asparagus
 Fruit
 Biscuit

21

22
 Broccoli Cheddar Soup
 Peanut Butter Sandwich
 Kale
 Baked Apples
 Graham Crackers

23
 Beef Tips w/ Gravy & Egg Noodles
 Broccoli
 Carrots
 Fresh Fruit

26

27
 Lasagna w/ Meat Sauce
 Garlic Bread
 Italian Veggies
 Fruit
 Side Salad
 Watergate Salad

28

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.