

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <p>Menu subject to change *Denotes meal \geq 1000 mg Sodium 1% milk served daily</p> | <p><i>cheers!</i></p> | <p>1 Happy New Years! Senior Center closed</p> | <p>2 BBQ Chicken Mashed Sweet Potatoes Coleslaw Whole Wheat Bread Fresh fruit</p> | <p>3 Steak & Mushroom Shepard's Pie Mashed Potato Topping Peas, Carrot Raisin Salad Multigrain Bread Applesauce</p> |
| <p>6 Beef Stew Carrots Parsley Potatoes Mixed Green Salad Whole Wheat Bread Peaches</p> | <p>7 Sweet & Sour Chicken Oriental Blend Vegetables Asian Chopped Salad with shredded carrots Mixed Rice Fresh Fruit</p> | <p>8 Pork with Mushroom Cream Sauce Noodles, Broccoli Beet Salad, Wholegrain Bread, Pears <u>Alternate Salad</u> Asian Chicken Salad, Mixed Greens, Cabbage, Tomatoes, Cucumbers, ww Bread, Fruit</p> | <p>9 Meat & Cheese Lasagna Marinara Sauce Italian Blend Vegetables Tabbouleh Salad Fresh Fruit Monthly Movie: 1 p.m. <i>On the Basis of Sex</i></p> | <p>10 Salmon (San Marcos) or Chicken Breast Tarragon Cream Sauce Mixed Rice & Lentil Pilaf Manhattan Blend Mixed Baby Greens Fruit Cocktail</p> <p>HAPPY BIRTHDAY</p> |
| <p>13 Cheese Ravioli Meat Sauce Green Beans Wholegrain Crackers Cucumbers & Dip Mandarin Oranges</p> | <p>14 Carne Asada Tacos * Mexican Mixed Rice Refried Beans Shredded Lettuce, Diced Tomatoes, Cilantro Sour Cream, Salsa Corn Tortilla, Fresh Fruit Armchair Theater: 1 p.m. <i>Three Identical Strangers</i></p> | <p>15 Pulled Pork Whole Wheat Roll Cabbage Salad with sweet chili sauce, Corn, Sweet Potatoes, Pears <u>Alternate Salad</u> Tuna Salad on Mixed Greens, Carrots, WW Bread, Fruit</p> | <p>16 Pesto Rosso Chicken Sun-dried Tomato Cream Sauce Wheat Pasta Spinach Greek Salad Fresh Fruit</p> | <p>17 Salisbury Steak Mashed Potatoes, Gravy Stewed Tomatoes Peas & Carrots Whole Wheat Bread Peaches</p> |
| <p>20 Martin Luther King Jr. Holiday Limited services: • No lunch service • Limited activities</p> | <p>21 Chicken Marsala Wheat Pasta Mixed Vegetables Spinach Salad Fresh Fruit Armchair Theater: 1 p.m. <i>Stan & Ollie</i></p> | <p>22 Fish Florentine Bechamel Sauce Spinach, Rice & Lentil Pilaf, Tomato Cucumber Salad, Pineapple <u>Alternate Salad</u> Greek Chicken Salad, carrots, wheat roll, fruit</p> | <p>23 Meatloaf Mashed Potatoes & Gravy Corn Carrot Raisin Salad Whole Wheat Bread Fresh Fruit</p> | <p>24 Chinese New Year Asian Curry Chicken Sesame Ginger Green Beans & Carrots Mixed Rice Asian Cabbage Salad Mandarins Fortune Cookie</p> |
| <p>27 Spaghetti Bolognese Whole Wheat Pasta Meat Sauce Italian Blend Vegetables Garbanzo Bean Salad Garlic Bread Pineapple</p> | <p>28 Coq au Vin Chicken in Wine Sauce Boiled Potatoes Broccoli & Carrots Wholegrain Bread Fresh Fruit Armchair Theater: 1 p.m. <i>Artic</i></p> | <p>29 Picadillo Ground beef, onions, peppers, tomatoes, olives, garlic & herbs, Cumin Mixed Rice, Black Beans Shredded Lettuce & Cabbage, Cilantro, Diced Tomato, Tropical Fruit Salad <u>Alternate Salad</u> Tarragon Chicken Salad, mixed greens, tomato, cucumber, ww bread, fruit</p> | <p>30 Carrot Ginger Soup with Turmeric Tuna Salad Rye Bread Lettuce & Cucumber Quinoa Salad Fresh Fruit</p> | <p>31 Garlic Chicken White Wine & Herb Sauce Mixed Rice Spinach Mixed Green Salad Applesauce</p> |