

# ADRC Elder Nutrition Program Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1</b> All meal sites are closed.  Happy New Year!</p>	<p><b>2</b> Pork chow mein Rice Chinese noodles Oriental vegetables Mandarin oranges</p>	<p><b>3</b> Lasagna and garlic bread Tossed salad with dressing Brussel sprouts Banana fudge parfait</p>	<p><b>4</b> Roast beef Mashed potatoes Carrots Bread Cook's choice fruit</p>
<p><b>7</b> Swedish meatballs Butter fettuccini Corn Roll Cook's choice fruit</p> <p><b>14</b> Hearty potato soup Whole wheat bread Whipped gelatin Fruit salad</p>	<p><b>8</b> Turkey roast Gravy Mashed potatoes Peas Bread Cook's choice fruit</p> <p><b>15</b> Tater to hot dish w/vegetables Whole wheat bread Cook's choice fruit</p>	<p><b>9</b> Meal sites closed.</p> <p><b>16</b> Meal sites closed.</p>	<p><b>10</b> Cook's choice</p> <p><b>17</b> BBQ chicken Hash browns Baked beans Bread Blueberry delight</p>	<p><b>11</b> Baked fish Baked potato Sour cream Prince Charles vegetables Bread Cook's choice fruit</p> <p><b>18</b> Beef stroganoff with noodles Broccoli Bread Cook's choice fruit</p>
<p><b>21</b> Cook's choice</p>	<p><b>22</b> Pork roast Gravy Mashed potatoes Carrots Roll Cook's choice fruit</p>	<p><b>23</b> Meal sites closed.</p>	<p><b>24</b> Chicken ala king with vegetables Biscuit Carrots Cook's choice fruit</p>	<p><b>25</b> Ham boiled diner Biscuit Broccoli Fruit in gelatin with topping</p>
<p><b>28</b> Chili with beans Corn bread Green beans Cook's choice fruit</p>	<p><b>29</b> Liver and onions Scalloped potato California blend mixed vegetables Whole wheat bread Cook's choice fruit</p>	<p><b>30</b> Meal site closed.</p>	<p><b>31</b> Meat loaf Mashed potato Spinach Roll Sparkling pear halves</p>	