

January 2021 Menu for All ADRC Dining Sites

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Meal Sites Closed New Year's Day
4 Meatloaf Whipped Potatoes Gravy Roasted Brussel Sprouts Whole Wheat Roll Fruit – Cook's Choice	5 Southwest Turkey Tomato, black beans, Corn Rice Whole Wheat Roll Fruit – Cook's Choice	6 All Meal Sites Closed	7 Cook's Choice	8 Lemon Parsley Cod Garlic Butter Sauce Buttered Red Potatoes Buttered Corn Whole Wheat Roll Fruit-Cook's Choice
11 Cabbage Rolls w/Rice Glazed Carrots Whole Wheat Roll Fruit-Cook's Choice	12 Chicken Pot Pie Roasted Asparagus Whole Wheat Bread Fruit-Cook's Choice	13 All Meal Sites Closed	14 Meat Lasagna Caesar Salad Garlic Bread Fresh Melon	15 Chicken Stir Fry Brown Rice Broccoli, Snap Peas, Green Peppers Whole Wheat Roll Fruit-Cook's Choice
18 Beef Stroganoff w/ Egg Noodles Green Peas Whole Wheat Roll Fruit-Cook's Choice	19 BBQ Chicken Sandwich Roasted Sweet Potato Barley Lentil Salad Whole Wheat Bun Fruit-Cook's Choice	20 All Meal Sites Closed	21 Cook's Choice	22 Mediterranean Salmon Brown Rice Roasted Asparagus Whole Wheat Roll Fruit Pie
25 Beef Chili w/diced tomatoes Cheese and Sour Cream from Burnett Dairy Cornbread Fruit-Cook's Choice	26 Swedish Meatballs Egg Noodles Roasted Broccoli Whole Wheat Bread Fruit – Cook's Choice	27 All Meal Sites Closed	28 Oven Roasted Chicken Mushroom Gravy Whipped Potatoes Green Beans Whole Wheat Roll Fruit – Cook's Choice	29 Hearty Sausage Stew w/squash and spinach Whole Wheat Bread Fruit – Cook's Choice

ADRC Elderly Nutrition Program: Menu subject to change without notice. Bread & milk offered with all meals. Please reserve your meals at least 24 hours in advance. A&H: 715-635-7199; Amery: 715-268-6818; Grantsburg: 715-463-2940; Milltown: 715-825-5025; Siren: 715-349-2845; Webster: 715-866-5300. Meal sites are closed on Wednesdays unless otherwise specified.