sassfa SENIOR SERVICES ↔ CONGREGATE NUTRITION SITE MONTH: **January-17**

Monday	Tuesday	Wednesday	Thursday	Friday
2 **CLOSED** **NEW YEAR'S DAY** **OBSERVED** 	3 **Choice of Entrée:** **Shredded Beef or Fish Taco** Corn Tortilla Pinto Beans Romaine Lettuce Mango Chunks with Pear	4 Vegetable Soup **Oven Fried Chicken** Whole Grain Dinner Roll Sautéed Cabbage Mashed Sweet Potatoes Pineapple Chunks Chocolate Chip Cookies	5 Split Pea Soup **Beef French Dip** **Sandwich on a French Roll** Lemon Pepper Broccoli Green Tossed Salad w/ Italian Dressing Peaches	6 Chicken Noodle Soup **Roast Turkey w/ Gravy** Whole Grain Dinner Roll Corn Bread Stuffing Spinach w/ Bread Crumbs Three Bean Salad Orange
9 Corn Chowder **Beef Stroganoff** Whole Grain Bread Egg Noodles Green Beans Coleslaw Pineapple Chunks	10 Orange Juice **Choice of Entrée: Chicken** **Mole or Herb Chicken** Flour or Whole Grain Roll Black Beans Mixed Field Green Salad Carrot Cake	11 Minestrone Soup **Pork Chop Au Jus** Bread Stuffing Butternut Squash Cucumber & Onion Salad w/ Vinaigrette Cantaloupe	12 Lentil Soup **Stuffed Bell Pepper** Whole Grain Dinner Roll Mashed Potatoes Carrots Banana	13 Apple Juice **Smothered Chicken Breast** Cornbread Black Eyed Peas Fresh Baked Yams Southern Collard Green Banana Pudding w/ Wafers
16 **CLOSED** **MARTIN LUTHER KING, JR. DAY** 	17 Chicken Tortilla Soup **Chile Relleno Casserole** Whole Grain Roll Zucchini Corn & Green Chile Salad Tropical Fruit	18 Orange Juice **BBQ Chicken** Cornbread Tricolor Pasta Salad California Vegetable Blend Mixed Field Green Salad w/ Balsamic Vinaigrette Vanilla & Chocolate Pudding	19 Cream of Mushroom Soup **Meatloaf** Whole Grain Dinner Roll Mashed Sweet Potatoes Green Beans Ambrosia Salad	20 Asian Vegetable Soup **Mandarin Sesame Chicken Bowl** Brown Rice Oriental Vegetable Mixed Green Salad & Cucumber Ranch Dressing / Cantaloupe
23 Orange Juice **Beef Stew w/ Potatoes** Biscuit Tossed Salad w/ Shredded Red Cabbage w/ Balsamic Dressing Chocolate Ice Cream	24 Turkey Rice Soup **Oven Fried Fish** Whole Grain Bread Southern Greens Baked Sweet Potatoes Banana	25 Orange Juice **Teriyaki Chicken Bowl** Whole Wheat Bread Sticky Rice Asian Cucumber Salad Vanilla Pudding w/ Almonds	26 Tomato Soup **Choice of Entrée:** **Fish w/ Lemon Dill** **or Chicken Paprika** Barley Mushroom Pilaf Peas & Carrots Tricolor Slaw / Pears	27 Tuscan Soup w/ Kale **Stuffed Baked Potato** Turkey Chili Whole Grain Roll Broccoli Baked Apple
30 Fideo Soup **Chile Rubbed Fish** Whole Grain Dinner Roll Rice Pilaf / Zucchini & Tomato w/ Lemon Broccoli Slaw Tropical Fruit	31 **Choice of Entrée:** **BBQ Chicken Breast** **or BBQ Hamburger** Whole Grain Bun Macaroni Salad / Mexicali Corn Chopped Salad Peaches	 	**SUGGESTED DONATION FOR SENIOR MEALS (AGE 60 & OLDER) IS $2.75/MEAL. Thank you for your support!**	**MEALS ARE $5.00 FOR NON-SENIORS (ONLY IF MEALS ARE AVAILABLE AFTER SENIORS ARE SERVED)**

***ALL MEALS SERVED WITH 1% LOW FAT MILK. + Item is high in sodium. MENU SUBJECT TO CHANGE WITHOUT NOTICE.**

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