


**Senior Center & Congregate  
Nutrition Sites**

January 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <u>Nutrition Sites &amp; Office Closed for the New Year's Holiday</u> 	<b>2</b> Fried Chicken Tenders Macaroni & Cheese Mixed Vegetables Orange Juice Roll Cookie Milk	<b>3</b> Spaghetti & Meatballs Normandy Blend Peaches Roll Milk	<b>4</b> Sliced Honey Ham Yams Peas Applesauce Wheat Roll Milk	<b>5</b> Taco Bake Rice & Black Beans Mexican Corn Pears Tortilla Milk
<b>8</b> Fish Sandwich Roasted Potatoes Succotash Apple Juice Bun Milk	<b>9</b> Beef Tips White Rice Carrots Pears Biscuit Cookie Milk	<b>10</b> Turkey Tetrizzini Noodles Peas and Carrots Peaches Roll Milk	<b>11</b> Smoked Sausage Cabbage Potatoes Au Gratin Orange Cup Wheat Roll Milk	<b>12</b> Chicken Stir Fry Oriental Vegetables Rice Cinnamon Apples Roll Milk
<b>15</b> <u>Nutrition Sites &amp; Office Closed in observance of the Martin Luther King, Jr. Holiday</u>	<b>16</b> Herbed Chicken Wild Rice Field Peas Peaches Wheat Roll Cookie Milk	<b>17</b> Roasted Pork Mashed Potatoes Green Beans Pears Roll Milk	<b>18</b> Swedish Meatballs Green Peas & Carrots Rice Apples Wheat Roll Milk	<b>19</b> Fried Chicken Cream Corn Greens Cranberry Juice Corn Bread Milk
<b>22</b> BBQ Pork Baked Beans Cabbage Apple Juice Bun Milk	<b>23</b> Sweet & Sour Chicken With Rice Normandy Blend Pears Roll Cookie Milk	<b>24</b> Salisbury Steak Roasted Potatoes Green Beans Applesauce Wheat Roll Milk	<b>25</b> BBQ Chicken Fiesta Rice Mixed Vegetables Peaches Wheat Roll Milk	<b>26</b> Penne w/Meat Sauce Mixed Squash Apples Garlic Bread Dessert Milk
<b>29</b> Cheeseburger Green Beans Roasted Potatoes Pineapple Cup Bun Milk	<b>30</b> Fried Chicken Tenders Macaroni & Cheese Mixed Vegetables Orange Juice Roll Cookie Milk	<b>31</b> Spaghetti & Meatballs Normandy Blend Peaches Roll Milk	<b>1</b> Sliced Honey Ham Yams Peas Applesauce Wheat Roll Milk	<b>2</b> Taco Bake Rice & Black Beans Mexican Corn Pears Tortilla Milk

**Meals are served at 12 noon (Monday – Friday). Volunteer contributions for meals are appreciated and allows the agency to purchase additional meals. Eligible seniors are given priority with the meal service. A guest may purchase a meal (if available) for the cost of \$6.00. Meals must be eaten at the site location. For more information, call 910-296-2140.**