





January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>  </div>	<div>2</div> <div> Vegetarian Spinach w/ pasta, cheese & marinara sauce, mixed veggies, fruit </div>	<div>3</div> <div> Seasoned bake chicken, wild rice, roasted brussels sprouts, fruit </div>	<div>4</div> <div> Beef stroganoff, pasta, mixed veggies, fruit </div>	<div>5</div> <div> Pork chop in orange sauce, brown rice, spinach, coleslaw, fruit </div>
<div>8</div> <div> Baked sesame chicken, wheat roll, roasted veggies, fruit </div>	<div>9</div> <div> Baked bread cod fish, wild rice, mixed veggies, coleslaw, fruit </div>	<div>10</div> <div> Seasoned beef meatballs, pasta, mixed veggies, green salad, fruit  </div>	<div>11</div> <div> Baked seasoned chicken, mashed yams, swiss chard, fruit </div>	<div>12</div> <div> Krab caked, wild rice, mixed veggies, spinach salad, fruit </div>
<div>15</div> <div>  </div>	<div>16</div> <div> Vegetarian Pasta w/cheese, tomato, onion & zucchini, roasted brussels sprouts, fruit </div>	<div>17</div> <div> Teriyaki chicken, brown rice, mixed veggies, golden mandarin beet salad, fruit </div>	<div>18</div> <div> Seasoned pork chop, roll, mixed veggies, mashed yams, fruit </div>	<div>19</div> <div> Chicken noodle soup w/ veggies, pasta, broccoli raisin salad, fruit </div>
<div>22</div> <div> Chili Verde pork chop, brown rice, mixed veggies, fruit </div>	<div>23</div> <div> Garlic chicken, brown rice, mixed veggies, fruit </div>	<div>24</div> <div> Baked breaded cod fish, garlic bread, mixed veggies, fruit </div>	<div>25</div> <div> Chicken rice casserole, mixed veggies, fruit </div>	<div>26</div> <div> Beef & broccoli, brown rice, coleslaw, fruit </div>
<div>29</div> <div> Paprika chicken w/ mushrooms, mashed yams, broccoli, fruit </div>	<div>30</div> <div> Beef enchilada casserole, brown rice, corn, fruit </div>	<div>31</div> <div> Cranberry chicken, stuffing, mixed veggies, fruit </div>	<div> NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served from 11:45 a.m. to 12:15 p.m. Doors open 10:30 a.m. First come, first served.  = Meal contains more than 1000mg sodium </div>	

Menu subject to change

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