

January 2017

Monday	Tuesday	Weenesday	Thursday	Friday
2	3	4	5	6
CLOSED	Macaroni & Cheese w/(1.5) Turkey Ham Broccoli Normandy Beets(.5) Strawberries(.5)	Spaghetti w/ Meat Sauce(2.5) Lettuce Salad Plums(1) Fresh Pears(1) Fresh Roll(1)	Baked Fish Country Trio Vegetables Tri Potato(1) Banana(2) Date Bar(2)	Potato Soup(1) Chef Salad Fruit Cocktail in Gelatin(1.5) Crackers(1)
9	10	11	12	13
Minestrone Soup 1/2 Ham Salad Sandwich(1) Carrots Fruit Cocktail(1) Apricots(1)	Pizza Casserole(1) Lima Beans(1) Cream Corn(1) Tropical Fruit(1) Blueberry Muffin(1)	BBQ Chicken Scalloped Potatoes(1.5) Asparagus Banana(2) Cherry Crisp(2)	Pork Chop w/ Brown Gravy Whipped Potatoes(1) Spinach Peaches in Gelatin(1)	Lamb Stew with Vegetables Green Beans Apple Pudding
16	17	18	19	20
Crispy Fish Capri Vegetables Creamed Asparagus(.5) Diced Pears(1) Oranges(1)	Beef Pepper Steak Over Rice(1) Oriental Vegetables Plums(1) Chocolate Chip Bar(1)	Ham & Bean Soup(.5) Broccoli Applesauce in Gelatin(1.5) Tropical Fruit(1) Cornbread(1.5)/Ice Cream	Chicken Fritter (.5) Mashed Potatoes w/ Gravy(1) Lima Beans(1) Strawberries (1) Banana(2)	Sloppy Joe Sandwich(1) Tri-Taters (1) Buttered Corn(1) Peaches(1) Butterscotch Bar(2)
Martin Luther King Jr. Day		BIRTHDAY DAY		
23	24	25	26	27
Ham Whipped Potatoes Peas Apple Cookie	Beef Burger on a Bun(1) Potato Salad(1) Baked Beans(1) Tropical Fruit(1) Applesauce(1)	Herb Baked Chicken Parsley Potatoes Green Beans Amandine Pineapple(1) Apricots(1)	Open Faced Turkey Sandwich(1) Mashed Potatoes w/ Gravy(1) Mixed Vegetables(1) Fruit Cocktail(1) Orange(1)	Beef & Noodles(1.5) Cauliflower Carrots Banana(2) Vanilla Cream Pudding(.5)
30	31		TO RESERVE OR CANCEL A MEAL CALL 641-792-7102 Toll Free 1-866-942-7102 PLEASE LEAVE A MESSAGE IF NO ONE ANSWERS THE PHONE	PLEASE REMEMBER TO CALL US IF YOU ARE NOT GOING TO BE HOME TO RECEIVE YOUR MEAL
Meatloaf Baked Potato (1) Brussels Sprouts Cherries(1) Fresh Pears(1)	Turkey Supreme(2) Mashed Potatoes(1) Spinach Peaches(1) Spice Bar(1)			

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. The number in parentheses denotes the carbohydrate count for those with diabetes. Cook's Choice days do not have carbohydrate count labeled.

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