
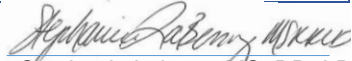


January 2019

| Monday | Tuesday | Weanesday | Thursday | Friday |
|-----------------------------------|---|---|---------------------------------------|---------------------------------|
| 12/31/2018 | 1 | 2 | 3 | 4 |
| Lemon Fish | * 2019 * | Meatloaf | Chicken and Bean Chili (2.5) | Macaroni & Cheese w/(1.5) |
| Garden Pilaf (1) |  | Creamed Potatoes (1) | 1/2 Egg Sandwich (1) | Turkey Ham |
| Capri Vegetables | | Brussels Sprouts(.5) | Crackers (1) | Broccoli Normandy |
| Autumn Salad (2) | | Tropical Fruit(1) | Fruit Cocktail (1) | Strawberries(1) |
| Pudding (.5) | | Spiced Peaches (1) | Jell-O (1) | Tapioca Pudding (2) |
| Wheat Roll (1) | CLOSED | | | |
| 7 | 8 | 9 | 10 | 11 |
| Minestrone Soup (1) | Ranchero Steak (.5) | Chicken Casserole | Pork Chop w/ Brown Gravy | Grilled Chicken Salad |
| 1/2 Ham Salad Sandwich(1) | Rice (1) | Green Beans | Potatoes(1) | Baked Potato (1) |
| Carrots | Spinach | Pea Salad | Garden Mix Vegetables (1) | Apple (1) |
| Fruit Cocktail(1) | Plums(1) | Orange | Lime Salad (1.5) | Roll (1) |
| Strawberry Yogurt Salad (1) | Frosted Brownie (2) | Dessert | Peaches(1) | Oatmeal Cookie (1) |
| | Wheat Dinner Roll (1) | COOK'S CHOICE | | |
| 14 | 15 | 16 | 17 | 18 |
| Baked Fish | Sloppy Joe(1) | Oven Fried Chicken(.5) | Ham & Bean Soup (.5) | Beef Pepper Steak |
| Parslied Potatoes (1) | Tater Tots(1) | Mashed Potatoes w/ Gravy(1) | Broccoli | Over Rice(1) |
| Creamed Asparagus(.5) | Buttered Corn(1) | Lima Beans(1) | Applesauce in Gelatin (1.5.) | Spinach Salad |
| Pears(1) | Peaches(1) | Strawberries & Bananas(1) | Tropical Fruit (1) | Plums(1) |
| Mandarin Oranges(1) | Butterscotch Pudding (2) | Cake(2) | Cornbread (1.5) | Cookie(1) |
| Martin Luther King Jr. Day | | BIRTHDAY DAY | | |
| 21 | 22 | 23 | 24 | 25 |
| Biscuits & Gravy | Beefburger on a Bun(1) | Beef Stew (1) | Chicken & Noodle Soup (1) | Crispy Fish |
| Hard Boiled Egg | Tomato Salad | Peas | Crackers (1) | Mashed Potatoes (1.5) |
| Tri-Tator | Baked Beans (1) | Plums (1) | Caribbean Vegetables | Carrots |
| Granola Bar | Applesauce (1) | White Cake/Frosting(2) | Orange(1) | Banana(2) |
| Tropical Fruit | Cookie (1) | | Chocolate Peanut Butter Brownie (1.5) | Vanilla Cream Pudding(.5) |
| COOK'S CHOICE | | | Dinner Roll (1) | |
| 28 | 29 | 30 | 31 | TO RESERVE OR CANCEL |
| Beef Stroganoff (2) | Turkey Supreme(2) | Tuna Salad Sandwich(1.5) | Spaghetti w/ Meat Sauce(2.5) | A MEAL CALL |
| Creamed Peas and Carrots (1) | Mashed Potatoes(1) | Sweet Potato Tots(1.5) | Lettuce Salad | 641-792-7102 |
| Brussels Sprouts | Spinach | Coleslaw (.5) | Garlic Bread(1) | Toll Free 1-866-942-7102 |
| Cookie (1) | Peaches(1) | Pineapple(1) | Plums(1) | |
| Pears(1) | Spice Bar(1) |  Pumpkin Bar (1.5) | Apple Crisp (2) | |

**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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