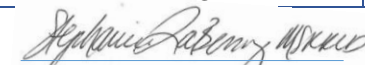


# January 2018

Monday	Tuesday	Weenesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>* 2018 *</b>	Macaroni & Cheese w/(1.5)	Potato Soup(1)	Baked Fish	Spaghetti w/ Meat Sauce(2.5)
<b>Happy</b>	Turkey Ham	Chef Salad	Country Trio Vegetables	Lettuce Salad
<b>New Year! CLOSED</b>	Broccoli Normandy	Fruit Cocktail in Gelatin(2.5)	Tri Potato(1)	Garlic Bread(1)
	Strawberries(1)	Crackers(1)	Banana(2)	Pears(1)
	Tapioca Pudding (2)		Fig Bar(2)	Apple Crisp (2)
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Velvet Corn Soup (1)	Ranchero Steak (.5)	BBQ Chicken	Pork Chop w/ Brown Gravy	<b>Cook's Choice</b>
1/2 Ham Salad Sandwich(1)	Whipped Potatoes(1)	Scalloped Potatoes(1.5)	Duchess Potatoes(1)	Biscuits and Gravy
Carrots	Spinach	Asparagus	Mixed Vegetables (1)	Tri-Tators
Fruit Cocktail(1)	Tropical Fruit(1)	Banana(2)	Peaches in Raspberry Gelatin(2)	Hardboiled Egg
Strawberry Yogurt(1)	Muffin(1)	Cherry Crisp(2)		Peach Half
				Granola Bar
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Crispy Fish	Ham & Bean Soup(.5)	Beef Pepper Steak	Chicken(.5)	Sloppy Joe(1)
Capri Vegetables	Broccoli (.5)	Over Rice(1)	Mashed Potatoes w/ Gravy(1)	Tri-Tators(1)
Creamed Asparagus(.5)	Applesauce in Cherry Gelatin(1.5)	Spinach Salad	Lima Beans(1)	Buttered Corn(1)
Pears(1)	Tropical Fruit(1)	Plums(1)	Strawberries & Bananas(1)	Peaches(1)
Mandarin Oranges(1)	Cornbread(1.5)	Cake(1)	Cookie(1)	Butterscotch Bar(2)
<b>Martin Luther King Jr. Day</b>		<b>BIRTHDAY DAY</b>		
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>Cook's Choice</b>	Beefburger on a Bun(1)	Herb Baked Chicken	Chicken & Noodle Soup (1)	Beef & Noodles(1.5)
Scalloped Potatoes w/Ham	Potato Salad(1)	Potatoes (1)	Crackers (1)	Cauliflower
Peas	Baked Beans(1)	Green Beans Amandine	Caribbean Vegetables	Carrots
Mixed Fruit	Rice Krispie Bar(1)	Pineapple(1)	Orange(1)	Banana(2)
Dessert	Applesauce(1)	Apricots(1)	Chocolate Peanut Butter Brownie (1.5)	Vanilla Cream Pudding(.5)
<b>29</b>	<b>30</b>	<b>31</b>		<b>TO RESERVE OR CANCEL</b>
Meatloaf	Turkey Supreme(2)	Roast Beef Sandwich(1.5)		<b>A MEAL CALL</b>
Potato w/ Onion(1)	Mashed Potatoes(1)	Sweet Potato Tots(1.5)		<b>641-792-7102</b>
Brussels Sprouts	Spinach	Brussels Sprouts(.5)		<b>Toll Free 1-866-942-7102</b>
Blueberries(1)	Peaches(1)	Pineapple(1)		<b>IF NO ONE ANSWERS</b>
Pears(1)	Spice Bar(1)	Oatmeal Raisin Cookie (1)		<b>THE PHONE</b>

\*\*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.

  
Stephanie Labenz, MS, RD, LD