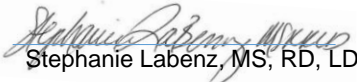


January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
TO RESERVE OR CANCEL		1	2	3
A MEAL CALL		 *2020*	Macaroni & Cheese w/ Turkey Ham	Meatloaf
641-792-7102		Happy New Year	Broccoli Normandy	Creamed Potatoes
Toll Free 1-866-942-7102			Strawberries	Brussels Sprouts
		CLOSED	Tapioca Pudding	Tropical Fruit
				Spiced Peaches
6	7	8	9	10
Minestrone Soup	Ranchero Steak	BBQ Chicken	COOK'S CHOICE	Grilled Chicken Salad
1/2 Ham Salad Sandwich	Rice	Baby Potatoes	Hotdog	Baked Potato
Carrots	Spinach Salad	Asparagus	French Fries	Apple
Blueberries	Apricots	Banana	Pickled Beets	Garlic Bread
Strawberry Yogurt	Frosted Brownie	Cherry Crisp	Pineapple Tidbits	Cookie
	Dinner Roll		Pudding	
13	14	15	16	17
Lemon Fish	Meatball Sandwich	Ham & Bean Soup	Oven Fried Chicken Patty	Beef Pepper Steak
Parslied Potatoes	Tater Tots	Broccoli	Mashed Potatoes w/ Gravy	Over Rice
Asparagus	Seasoned Zucchini	Applesauce Gelatin	Peas	Spinach Salad
Pears	Peaches	Tropical Fruit	Strawberries & Bananas	Mixed Fruit
Mandarin Oranges	Cookie	Cornbread	Cookie	Bing Cherry Jell-O Salad
Martin Luther King Jr. Day				
20	21	22	23	24
Beef Patty	Cod Fish	Herb Baked Chicken	Chicken & Rice Soup	Hamburger on a Bun
Escalloped Potatoes	Mashed Potatoes	Roasted Red Potatoes	Crackers	Pickles & Onion
Peas & Carrots	Carrots	Green Beans Amandine	Caribbean Vegetables	French Fries
Peaches	Banana	Pineapple	Orange	Baked Beans
Cake	Vanilla Cream Pudding	Apricots	Brownie	Applesauce
		BIRTHDAY DAY		
27	28	29	30	31
Beef Stroganoff	Turkey Supreme	COOK'S CHOICE	Spaghetti w/ Meat Sauce	Chicken and Bean Chili
Peas & Carrots	Mashed Potatoes	Chicken Noodles over	Lettuce Salad	1/2 Egg Sandwich
Cheesy Brussels Sprouts	Spinach	Whipped Potatoes	Garlic Bread	Crackers
Cherries	Peaches	Green Beans	Grapes	Fruit Cocktail
Spiced Pears	Cookie	Apricots	Apple Crisp	Orange Jell-O
		Dessert		

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.


Stephanie Labenz, MS, RD, LD