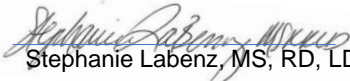


January 2023

Monday	Tuesday	Weenesday	Thursday	Friday
2	3	4	5	6
HAPPY NEW YEAR CLOSED	Tuna Salad Sandwich Chips Coleslaw Pineapple Dessert	Beef Stroganoff Brussels Sprouts Spiced Pears Dessert	Vegetable Beef Soup Squash Crackers Pineapple Upside Down Cake Fruit Cocktail	Pasta Bake Broccoli Normandy Garlic Bread Mandarin Oranges Butterscotch Pudding
9	10	11	12	13
Ranchero Steak Rice Spinach Mixed Fruit Frosted Brownie	Minestrone Soup 1/2 Egg Salad Slider Carrots Apricots Strawberry Yogurt	BBQ Chicken Potatoes Asparagus Banana Cherry Crisp	Pork & Gravy Potatoes Mixed Vegetables Peaches Dessert	Grilled Chicken Sandwich Tator Tots Apple Cookie
16	17	18	19	20
Lemon Fish Parslied Potatoes Creamed Asparagus Pears Chocolate Pudding Martin Luther King Jr. Day	Ham & Bean Soup Broccoli Applesauce in Cherry Gelatin Tropical Fruit Cornbread	Oven Fried Chicken Mashed Potatoes w/ Gravy Corn Strawberries Cookie	Sloppy Joe TriTator Tots Seasoned Zucchini Peaches Dessert	Beef Pepper Steak/Rice Spinach Mandarin Oranges Dessert
23	24	25	26	27
Herb Baked Chicken Potato Casserole Green Beans Amandine Pineapple	Pulled Beef Sandwich Baked Beans Potato Salad Applesauce	Cook's Choice Chicken Strips Mac & Cheese Peas & Carrots Mandarin Oranges Dessert	Chicken & Rice Soup Broccoli Crackers Berry Cup Brownie	Salmon Pattie Whipped Potatoes Carrots Banana Vanilla Cream Pudding
30	31		To cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.	MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *MEMORIALS *ELDERLY WAIVER/MEDICAID *EFSP FUNDS FROM UNITED WAY
Spaghetti w/ Meat Sauce Zucchini Garlic Bread Mandarin Oranges Apple Crisp	Chicken Enchilada Bake Spanish Rice Corn Salad Strawberries			

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


Stephanie Labenz, MS, RD, LD