Soup and Salad Bar **Wednesdays only at Senior Center** **January 2019** **High in Sodium** **Meals are Prepared with Low Sodium**

No eligible individual shall be denied participation due to inability to pay **Nutrient of the Month:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUGGESTED CONTRIBUTION: Dine on-site $4.50 Meals on Wheels $4.50 ~ Under 60 $6.00 fee *Meals are partially funded by Area 12 Agency on Aging*	**CLOSED** **New Year's Day**	2 Baked fish/Lemon/Tartar Wheat bread/Margarine Brown rice /Parsley Spinach salad/tomato/cucumber Green Beans Apricots Milk	3 Pesto Chicken/Penne pasta Wheat bread/Margarine Spring mix/carrot/Tomato Italian Blend Vegetable Tropical fruit Milk	4 Turkey chili/Cornbread Wheat bread/Margarine Roasted Potatoes Peas and carrot Pears Milk
7 Egg Bake/bell pepper/mush Wheat bread/Margarine Garlic Butter Pasta Green Salad/carrot/tomato California blend veg Apple Sauce Milk	8 Lemon Pepper chicken/rice Wheat bread/Margarine Spring Salad/Carrot/Tomato Carrots Fresh Orange wedges milk	9 Cheeseburger pie Wheat bread/Margarine Spring Salad/Carrot/Tomato Seasoned Corn Brown rice/tomato/parsley Cinnamon Pears Milk	10 Roasted Turkey/Cornbread stuffing Wheat bread/Margarine Mashed Potatoes/Gravy Green Beans Diced peaches Milk	11 Chicken Fried Steak Wheat bread/Margarine Green Salad/spinach/tomato Italian Blend Vegetable Rice Pilaf Mandarin oranges Milk
14 Beef Stew/Barley rice Wheat bread/Margarine Green Salad/carrot/tomato Seasoned Corn Peaches Milk	15 Turkey Tetrazzini/Penne Pasta Wheat bread/Margarine Spring Salad/Carrot/Tomato Peas and carrots Tropical fruit Milk	16 Scalloped Chicken Wheat bread Margarine Green Salad/carrot/tomato Italian Blend Veg Barley Rice Apricots Milk	17 Meatloaf Wheat bread/Margarine Mashed potatoes/gravy Caesar Salad/tom/cucumber Bran Muffin Fresh orange wedge Milk	18 Turkey Bean Burrito Wheat bread/Margarine Spanish rice Green salad/oliv/tom/carrots Corn/Bell pepper Pears Milk
21 **CLOSED** **Martin Luther King, Jr. Day**	22 Beef stroganoff Wheat bread/Margarine Egg Noodles Spring Salad /carrot/tomato Roasted Cauliflower Apricot Milk	23 Pulled pork/Wheat Bun Garlic Roasted Potatoes Spring Salad/cucumber/tomato Apple Cinnamon muffin Fresh apple Milk	24 Turkey Pot Pie with Potato/carrots/peas Wheat Bread/Margarine Green Salad/cucumber/tomato Fresh Orange wedges Milk	25 Lasagna Garlic Breadsticks/Margarine Spring Salad/Carrot/Tomato Italian Vegetables Diced Peaches Milk
28 Herbed Chicken Mashed potatoes/Gravy Whole wheat bread Bran Muffin Carrots Mandarin Oranges Milk	29 Beef pot Roast/brown rice Wheat bread/Margarine Green Salad/carrot/Tomato Seasoned Green beans Tropical Fruit Milk	30 Spaghetti with Meat Sauce Garlic Breadstick/Margarine Spring Salad/carrot/cucumber Corn Diced Pears Milk	31 Parmesan Chicken/Penne/Marinar Wheat bread/Margarine Green Salad/carrot/tomato Italian blend Vegetable Peaches Milk	**SUGGESTED CONTRIBUTION:** Dine on-site $4.50 Meals on Wheels $4.50 ~ Under 60 $6.00 fee *Meals are partially funded by Area 12 Agency on Aging*