







# January 2010

To access ingredient content, please call Senior Resources at 419-898-6459

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>LS Alt = Low sodium</b> <b>Alternate (Must be ordered ahead)</b>	<b>1 New Year's Day</b> <b>Dining Sites Closed</b> 
<b>4 <u>New Year's Special</u></b> Beef Pot Roast Baked Potato w Sour Cream Steamed Broccoli Whole Wheat Roll Fruit Cocktail with Whipped Topping	<b>5</b> Roasted Pork Chop Cornbread Dressing w/Gravy Creamy Coleslaw Harvard Beets Whole Wheat Bread Peaches	<b>6 <u>Three Kings Day/Epiphany</u></b> Chicken Fajitas Fiesta Blend Vegetables Tropical Fruit Salad Orange Juice Rosca de Reyes (Three Kings Bread)	<b>7</b> Baked Ham <b>(Chicken Breast-LS Alt)</b> Black-eyed Peas and Rice Long-Braised Greens Golden Cornbread Juicy Baked Apple Chilled Grape Juice	<b>8</b> Luscious Lasagna Green Beans Tossed Salad w/Tomatoes Warm Garlic Bread Mandarin Oranges
<b>11 <u>Winter Festival</u></b> Chili Mac with Beans Winter Blend Vegetables Whole Wheat Crackers Alpine Snowflake Fruit	<b>12</b> Old-Fashion Meatloaf Mashed Potatoes & Gravy Peas & Carrots Whole Wheat Roll Fresh Grapes 	<b>13 Pork with Apple Sauerkraut (Chicken Breast -LS Alt)</b> Mixed Veggies Brussels Sprouts Rye Bread Graham Crackers Applesauce	<b>14</b> Turkey Pot Pie with Diced Potatoes Pineapple and Cottage Cheese Blueberry Muffin V-8 Juice 	<b>15 <u>National Soup Month</u></b> Tomato Soup Turkey and Cheddar Sandwich Pepper Strips & Baby Carrots with Ranch Dressing Fresh Orange <b>(HDM-Mandarin Oranges)</b>
<b>18 <u>Martin Luther King, Jr. Day</u></b> 	<b>19 <u>Honor Martin Luther King, Jr. Day</u></b> Oven-Fried Parmesan Chicken Okra & Stewed Tomatoes Baked Sweet Potato Whole Wheat Bread Orange Juice Dream (Cookie) Bars	<b>20</b> Herbed Beef and Onions Green Beans with Almonds Carrots Whole Wheat Roll Fruit Cup	<b>21</b> Salmon Patty with Creamed Peas and Onions (Alt: Swiss Steak) White Rice Roasted Cauliflower Multigrain Bread Tropical Fruit	<b>22</b> City Chicken Green Beans Succulent Spaghetti Squash Buttermilk Biscuit Sunshine Jello Salad
<b>25</b> Cheesy Egg Bake Heavenly Hash Browns Sliced Tomatoes Flaky Biscuit Saucy Peaches	<b>26 <u>Australia Day</u></b> Sausage Casserole <b>(Turkey Casserole-LS Alt)</b> Kangaroo (Beef and Barley) Soup  Three Bean Salad Tropical Fruit Salad Dandenong Squares (Rice Krispie Treats)	<b>27 <u>Birthday Bash</u></b> Baked Tilapia <b>(ALT: Honey Mustard-Chicken)</b> Asparagus Herb Penne Pasta Italian Bread Pineapple Tidbits Oak Harbor Birthday	<b>28 <u>Birthday Bash</u></b> BBQ Chicken Cream of Vegetable Soup Tossed Salad w/ Tomatoes Whole Wheat Bread Pear Halves Danbury, Elmore & PC Birthday	<b>29 <u>Birthday Bash</u></b> Beef Tips Over Buttered Noodles Brussels Sprouts Whole Wheat Bread Apricots Apple Juice Genoa & HDM Birthday