






January 2012

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>All Senior Centers Closed NO Home Delivered Meals New Year Holiday</p> 	<p>3</p> <p>Roast Pork Bread Stuffing Hubbard Squash Broccoli Applesauce Bread & Butter</p>	<p>4</p> <p>Cheeseburger Lettuce & Tomatoes Hash browns Fresh Orange Quarters Cookie</p>	<p>5</p> <p>Salisbury Steak Red Potatoes Zucchini Banana Dinner Roll</p> 	<p>6</p> <p>Spaghetti and Meatballs Tossed Salad Peaches Breadstick</p>
<p>9</p> <p>Pork Tenderloin Whipped Sweet Potatoes California Blend Vegetables Fruit Cocktail Dinner Roll</p>	<p>10</p> <p>Corned Beef Sandwich (LS ALT Turkey Sandwich) Potato Wedges Peas Fresh Fruit</p>	<p>11</p> <p>Cube Steak Stroganoff Egg Noodles Cauliflower Zucchini Pears Bread & Butter</p>	<p>12</p> <p>Marinated Chicken Baked Potato/Sour Cream Broccoli Peaches Dinner Roll</p>	<p>13</p> <p>Beef Roast Mashed Potatoes & Gravy Baby Carrots Ambrosia Salad Dinner Roll</p>
<p>16</p> <p>All Senior Centers Closed NO Home Delivered Meals Martin Luther King Day</p> 	<p>17</p> <p>Italian Baked Chicken Baked Potato Peas Peaches Dinner Roll</p>	<p>18</p> <p>Beef Macaroni Casserole Green Beans Tossed Salad Pineapple Garlic Bread</p> 	<p>19</p> <p>Veal Parmesan Spaghetti & Sauce Zucchini Mandarin Oranges Bread & Butter</p>	<p>20</p> <p>Dutch Chicken Red Bliss Potatoes Italian Green Beans Baked Apple Dinner Roll</p>
<p>23</p> <p>Country Fried Pork w/Cream Sauce Egg Noodles Green Beans California Blend Veggies Apple Crisp Bread & Butter</p>	<p>24</p> <p>Chicken Salad on a Croissant Vegetable Soup Betty Salad Tropical Fruit Crackers</p>	<p>25</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Gelatin—Dinner Roll <i>Genoa & Oak Harbor Birthday Treat</i></p>	<p>26</p> <p>Potato Crunch Fish (ALT: Chef Salad) Broccoli, Cheese & Rice Mixed Veggies Apricots—Dinner Roll <i>Elmore, Danbury & PC Bday</i></p>	<p>27</p> <p>Hot Roast Beef Sandwich Minestrone Soup Harvard Beets Fruit Medley <i>HDM Birthday Treat</i></p>
<p>30</p> <p>Turkey Sandwich Cream of Broccoli Soup Lettuce/Tomato Slices Fruit Cocktail Pudding</p>	<p>31</p> <p>Beef Stew over Biscuits Broccoli Mandarin Oranges Bread & Butter</p>		<p>To cancel your Home Delivered Meal, Please Call Senior Resources at 419-898-6459</p>	<p>LS Alt—Low Sodium Alternate LF Alt— Low Fat Alternate These items must be ordered ahead</p>