

JANUARY 2019

To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent. Heat for 1.5 to 2 minutes. Depending on your appliances power level.

Mon	Tue	Wed	Thu	Fri
	1 Happy New Year! All Senior Centers Closed No Home Delivered Meals	2 Salisbury Steak w/Gravy Company Potatoes Broccoli Apricots Wheat Roll 	3 Glazed Ham Alt: Baked Chicken Scalloped Potatoes Butter Beans Fruit Medley—White Roll	4 Veal Parmesan Over Spaghetti Noodles Italian Green Beans Corn Salad Orange Wedges Garlic Toast
7 Swiss Steak Mashed Potatoes/Gravy Malibu Blend Raspberry Whip Wheat Roll 	8 Cheeseburger Lettuce/Tomato/Onion/Pickle Steak Fries Coleslaw Applesauce 	9 Apple Pork Chop w/Sauce Mashed Sweet Potatoes Creamed Spinach Tropical Fruit Cornbread	10 Beef Stir Fry Over Rice Glazed Sugar Snap Peas Plums Wheat Bread 	11 Chicken Fettuccini Alfredo Italian Blend Caesar Salad Grapes Garlic Knot 
14 Italian Baked Chicken Buttered Noodles Capri Blend Betty's Salad Peaches—Breadstick	15 Roast Beef/Gravy Oven Brown Potatoes Dilled Carrots Fruit Cocktail Wheat Roll	16 Grilled Sweet & Sour Beef Over Rice Oriental Blend Egg Roll Orange Wedges 	17 Meatloaf w/Gravy Mashed Potatoes w/Gravy Buttered Corn Strawberries/Angel Food Cake Wheat Bread	18 Ham & Scalloped Potatoes Alt: Baked Chicken w/Potatoes Buttered Peas Dreamscile Gelatin Wheat Roll
21 Martin Luther King Day All Senior Centers Closed No Home Delivered Meals 	22 Braised Beef Tips Over Egg Noodles Broccoli Succotash Peaches - Wheat Bread	23 Grilled Chicken Sandwich Leaf Lettuce/Tomato/Onion Vegetable Soup/Crackers Pickled Beets Mandarin Oranges	24 Pot Roast Mashed Potatoes/Gravy Roasted Carrots Tropical Fruit Wheat Roll 	25 Pepperoni Pizza Alt: No Pepperoni Tossed Salad Three Bean Salad Fruited Gelatin Danbury/HDM Birthday Treat
28 Chili with Beans Marinated Carrots Mandarin Oranges Cornbread Muffin Crackers 	29 Baked Spaghetti Minestrone Soup/Crackers Cauliflower Fruit Cocktail Breadstick 	30 Hot Roast Beef Sandwich Mashed Potatoes/Gravy Green Beans Cinnamon Applesauce Wheat Bread Oak Harbor/Genoa Bday Treat	31 Roast Turkey/Gravy Homemade Stuffing Whipped Butternut Squash Green Bean Casserole Cranberry Gelatin Salad Port Clinton/Elmore Bday Treat	