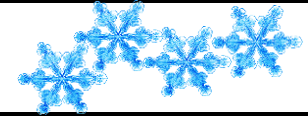



January 2018
Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 1 	January 2 Country Fried Steak with Creamy Gravy Cheesy Whipped Potatoes Peas and Carrots Wheat Bread January Birthdays Birthday Cake 	January 3 Honey Orange Chicken Breast 1/2 cup Blended Rice Pilaf 1/2 cup Lima Beans White Bread 1/2 cup Pineapple Delight	January 4 Creamy Chicken Picatta 1/2 cup Egg Noodles 1/2 cup Cauliflower and Carrots Garlic Breadstick 1/2 cup Applesauce	January 5 3 ounces Warm Roast Beef Sandwich with Cheese and Au Jus 1 cup Vegetable Soup with Crackers Sandwich Roll Fresh Seasonal Fruit
January 8 Bratwurst 1/2 cup Parslied Potatoes 1/2 cup Peas and Onions Hotdog Roll Sugar Cookie Mustard Packet	January 9 New Year's Special 3 ounces Roasted Pork 1/2 cup Whipped Potatoes 1/2 cup Sauerkraut Dinner Roll Pineapple Upside Down Cake	January 10 Baked Meatloaf with 2 ounces Gravy 1/2 cup Whipped Potatoes 1/2 cup Creamed Corn Wheat Bread 1/2 cup Sliced Apples	January 11 Chicken and Dumplings 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches	January 12 Baked Chicken Florentine 1/2 cup Rice Pilaf 1/2 cup Cauliflower Wheat Bread Baked Pear Crisp
January 15 Martin Luther King Jr. Day Senior Centers Closed	January 16 BBQ Beef Ribette 1/2 cup Cheesy Hashbrowns 1/2 cup Green Beans White Bread 1/2 cup Sliced Peaches	January 17 1 cup Sausage Pizza Casserole with Cheese Topping 1/2 cup Mixed Vegetable Medley Garlic Breadstick Fresh Seasonal Fruit	January 18 Chicken Philly Sandwich 3 ounces Chicken with 2 ounces of Onions, Peppers, and Cheese 1 cup Creamy Potato Salad with Crackers Hoagie Roll  1/2 cup Blushed Pears	January 19 Vegetable Lasagna with 2 ounces Parmesan Cheese Sauce 1 cup Tossed Salad with Hardboiled Egg Wheat Bread 1/2 cup Pineapples and Oranges
January 22 3 ounces Roasted Turkey with Gravy 1/2 cup Whipped Potatoes w/ Chives 1/2 cup Sliced Carrots White Bread Spice Cake with Icing	January 23 3/4 cup Baked Ziti with Meatballs (3) with Marinara Sauce with 1 ounce Cheese Topping 1 cup Caesar Salad Italian Bread 1/2 cup Mixed Fruit	January 24 Breaded Chicken Cutlet 1/2 cup AuGratin Potatoes 1/2 cup Sweet Peas Wheat Bread 1/2 cup Mandarin Oranges	January 25 Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Seasonal Fruit	January 26 Baked Salmon with 1 ounce Dill Sauce 1/2 cup Brown Rice 1/2 cup Green Beans White Bread 1/2 cup Pineapple Tidbits
January 29 BBQ Chicken Breast 1/2 cup Scalloped Potatoes 1/2 cup Sweet and Sour Coleslaw Wheat Bread Brownie	January 30 Beef Brasciole with 2 ounces Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots White Bread 1/2 cup Sliced Peaches with 1/4 cup Cottage Cheese	January 31 Porcupine Ball with 2 ounces of Tomato Sauce 1/2 cup Garlic Whipped Potatoes 1/2 cup Corn Dinner Roll 1/2 cup Cinnamon Apples		

Please reserve your meal at least one business day in advance by calling the center at 717-938-4649
***** Served Daily: 8 ounces Milk and 1 teaspoon Margarine*** All meals are subject to change *****