

Menu for January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 NEW YEARS DAY CENTER CLOSED	2 Chicken Cacciatore with Onions & Peppers Garlic Bread Banana	3 Fish Tartar Sauce Mixed Vegetable Rice Bread Pineapple	4 SPAGHETTI DAY Spaghetti with Meat Sauce Green Beans Bread Fruit Cup
7 Chicken Parmesan over Pasta Broccoli Bread Peaches	8 Meatloaf Mashed Potato Peas Bread Pears	9 Soft Shell Beef Taco with Lettuce, Tomato, Cheese Spanish Rice Mixed Fruit	10 French Bread Pizza Plain, Vegetable, Meat Garden Salad Cookie	11 Fish With Rice Carrots Pineapple
14 Ranch Chicken Mashed Potato Cranberry Sauce Peas & Carrots Dinner Roll Pears	15 Pulled Pork on a Roll Baked Beans Cole Slaw Pudding	16 Lasagna Green Beans Carrots Garlic Bread Orange	27 Loaded Baked Potato with Chili Cheese Sour Cream Bacon Bits Apricots	18 Fish Potato Wedges Broccoli Tartar Sauce Mixed Fruit
21 MLK DAY CENTER CLOSED	22 Stuffed Shells Green Beans Garlic Bread Peaches	23 Beef Stew Dinner Roll Apple Slices	24 Chicken, Ziti Broccoli Alfredo Bread Pudding	25 French Bread Pizza with Vegetables or Meat Tomato & Cucumber Salad
28 Cobb Salad Chicken, Bacon, Lettuce, Egg & Tomatoes Dijon Dressing Pineapple	29 Chicken Pot Pie Biscuit Orange Wedges	30 Meatloaf Mashed Potato Bread Pineapple	31 VETS BREAKFAST Cheese Burger Onion, Lettuce Tomato Cole Slaw Grapes	

Tuesday and Thursday in the Café: Soup, sandwich & baked goods for sale.

All meals include milk & margarine. **MENU SUBJECT TO CHANGE WITHOUT NOTICE.** Suggested donation is \$2.50 per meal; under age 60, cost is \$4.50. Coffee is available for 50¢/cup. This program has been made possible in part by funding from Older Americans Act as granted by Elder Services of the Merrimack Valley.