


JANUARY 2012 MENU

Menu Subject to Change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| 2 SENIOR CENTERS CLOSED FOR  | 3 Tuna Noodle Casserole California Blend Slice WW Bread Jello w/Fruits | 4 Baked Fish Sweet Potato Fries Broccoli Dinner Roll Chilled Peaches Lemon Pudding | 5 Green Chili Chicken Enchilada Casserole Pinto Beans Calabacitas Toss Salad Banana Sugar Cookie | 6 Spaghetti with Meatballs Mixed Veggies Garlic Bread Chilled Pears |
| 9 Country Fried Steak Mashed Potatoes Buttered Sliced Carrots Dinner Roll Strawberries with Whipped Topping | 10 Turkey w/Noodles Casserole French Gr. Beans Dinner Roll Tropical Fruit Salad | 11 Beef Fritter French Fries California Blend Romaine Salad with Tomato WW Bread Peach Cobbler | 12 Baked Chicken Yams Broccoli WW Roll Red Jello with Fruits | 13 Baked Cod Potatoes O'Brien w/Red Peppers Stewed Tomatoes Cole Slaw 1 Sliced WW Bread Bread Pudding w/Apricot Sauce |
| 16 SENIOR CENTERS CLOSED FOR  | 17 Tuna Sandwich w/ Lettuce/Tomatoes on WW Sliced Bread (2) Vegetable Soup Oatmeal Cookie Orange | 18 BBQ Pork Scalloped Potatoes Green Beans Dinner Roll Chilled Apricots Lemon Pudding | 19 Hot Beef Sandwich w/WW Bread (1) Mashed Potatoes Broccoli Strawberries with Bananas | 20 Macaroni & Cheese with Diced Ham WW Bread California Blend Toss Salad Mandarin Oranges Slices |
| 23 Beef Tips with White Rice Carrots Waldorf Salad WW Roll Tapioca Pudding | 24 Baked Chicken Mashed Potatoes Broccoli Cornbread Tropical Fruits | 25 Egg Salad Sandwich with 2 Sliced Bread Tomato Soup Peach Cobbler | 26 Beef Taco with Lettuce/Cheese, Onions/Tomatoes w/Soft Corn Tortillas Pinto Beans Jello with Fruits | 27 Fish French Fries Cole Slaw Sliced WW Bread Lemon Pudding Bananas with Strawberries |
| 30 Posole with Pork Steamed Spinach Toss Salad Flour Tortilla Chilled Peaches | 31 Meat Loaf Mashed Potatoes Mixed Veggies WW Roll Chilled Pears Cake and Ice Cream | National Blood Donor Month  | " Always bear in mind that your own resolution to succeed is more important than any one thing." ABRAHAM LINCOLN |  |

Donuts, pastries or muffins are often served in the mornings at each center. Milk, coffee, iced tea and water are served with lunch daily. Condiments are available with each meal include barbeque sauce, ketchup, mustard, salad dressing, tarter sauce, gravy, salsa, green or red chili, etc.