

AGING & DISABILITY RESOURCE CENTER

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
	Suggested Contribution: \$5/meal. Please pay as much as you can afford. We rely on donations to keep the program going.	Happy	Chicken Noodle Soup w/ Crackers Egg Salad Garden Salad Pineapple Upside Down Cake Fruit Juice	Chicken Parmesan Whole Grain Dinner Roll Penne Pasta Irish Vegetable Blend Pears Oatmeal Raisin Cookie
Chicken Pot Pie Buttermilk Biscuit Garlic Mashed Potatoes Carrots Diced Pears	Pasta with Meat Sauce Breadstick Brussels Sprouts Mixed Fruit Chocolate Chip Cookie	Pork Chop Suey Whole Grain Dinner Roll Fried Rice Peas Fruited Gelatin	Turkey with Gravy Whole Wheat Bread Mashed Potatoes Green Beans Old-Fashioned Apple Pie Fruit Juice	Chili Whole Grain Macaroni Cornbread Garden Salad Peaches
Tator Tot Casserole Breadstick Irish Vegetable Blend Mandarin Oranges Pudding	Italian Sausage on a Bun Onions & Peppers Corn Lentil Bean Salad Warm Spiced Peaches	Cheesy Broccoli Soup Turkey & Provalone Sandwich Cucumber Tomato Salad Fruit Juice	Honey-Lemon BBQ Chicken Breast Whole Grain Dinner Roll Mashed Sweet Potatoes Sauteed Spinach Coleslaw Vinaigrette Fruit & Grain Cereal Bar	Meatloaf with Gravy Whole Grain Dinner Roll Mashed Potatoes Carrots Apple Crisp
Baked Ziti Garlic Herb Breadstick Broccoli Peaches & Pears	Breakfast for Lunch Pancakes w/ syrup Sausage Patty Hashbrown Warm Glazed Apples	Sloppy Joe Baked Beans Potato Salad Pineapple Granola Bar	Beef Pot Roast with Gravy Whole Grain Dinner Roll Parsley Red Potatoes Butternut Squash Three Bean Salad Mint Frosted Fudge Brownie	Chicken Cordon Bleu Brown Rice Broccoli Apple Coleslaw Pretzles
Whole Grain Dinner Roll Glazed Carrots Peaches	Beef Stew Whole Grain Dinner Roll Peas Frosted Lemon Cake Fruit Juice	Meatballs with Tomato Sauce Pasta Whole Grain Dinner Roll Mixed Vegetables Cucumber Salad Fruited Gelatin	Chicken Booyah w/Crackers Whole Wheat Bread Garden Salad Pumpkin Bar	Roasted Pork with Sauerkraut Whole Wheat Bread BBQ Pinto Beans Corn Oreo Cookies

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