



AGING & DISABILITY RESOURCE CENTER

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Chicken Pot Pie Biscuit Mashed Potatoes Carrots Pears</p>	<p>4</p> <p>Tortellini w/ Meat Sauce Garlic Breadstick Brussels Sprouts Mixed Fruit Chocolate Chip Cookies</p>	<p>5</p> <p>Pork Chop Suey Whole Grain Dinner Roll Fried Rice Peas Fruited Gelatin</p>	<p>6</p> <p>Roasted Herbed Turkey w/ Gravy Whole Wheat Bread Mashed Potatoes Green Beans Old-Fashioned Apple Pie Fruit Juice</p>	<p>7</p> <p>Chili Homestyle Cornbread Whole Grain Macaroni Garden Salad Peaches</p>
<p>10</p> <p>Italian Sausage w/ Peppers & Onions Lentil Bean Salad Irish Vegetable Blend Warm Spiced Peaches</p>	<p>11</p> <p>Chicken Breast w/ Mushrooms Whole Grain Dinner Roll Carrots Rice Pilaf Mandarin Oranges</p>	<p>12</p> <p>Cream of Broccoli Soup Chicken Salad Sandwich Vegetable Pasta Salad Pineapple Fig Newton Cookies</p>	<p>13</p> <p>Country Meatloaf w/ Gravy Whole Wheat Bread Mashed Potatoes Carrots Apple Crisp</p>	<p>14</p> <p>Breaded Fish Sandwich Baked Potato Half Green Beans Coleslaw Pudding</p>
<p>17</p> <p>Sloppy Joe Baked Beans Coleslaw Tropical Fruit Sun Chips</p>	<p>18</p> <p>Chicken Booyah Whole Wheat Bread Garden Salad Pumpkin Bar</p>	<p>19</p> <p>Egg & Sausage Breakfast Sandwich Warm Spiced Apples Cinnamon Coffeecake Fruit Juice</p>	<p>20</p> <p>Chili Loaded Potatoes Broccoli Warm Spiced Peaches Chocolate Chip Cookies</p>	<p>21</p> <p>Turkey & Cheese Sub Potato Salad Banana Granola Bar</p>
<p>24</p> <p>Shepherd's Pie Whole Grain Dinner Roll Mashed Potatoes Cabbage & Carrots Peaches</p>	<p>25</p> <p>Roasted Pork w/ Sauerkraut Whole Wheat Bread BBQ Pinto Beans Seasoned Corn Banana Pudding w/ Wafers</p>	<p>26</p> <p>Beef Stew Whole Grain Dinner Roll Green Beans Lemon Frosted Cake Fruit Juice</p>	<p>27</p> <p>Meatballs w/ Tomato Sauce Whole Grain Dinner Roll Penne Pasta Mixed Vegetables Garden Salad Fruited Gelatin</p>	<p>28</p> <p>Chicken Cordon Bleu Confetti Brown Rice Broccoli & Cauliflower Apple Coleslaw Pretzels</p>
<p>31</p> <p>Hearty Lasagna Garlic Breadstick Italian Vegetable Blend Garden Salad Cinnamon Apples NutriGrain Bar</p>				<p>Suggested Donation: \$4/meal.</p> <p>Please pay as much as you can afford. We rely on donations to keep the program going.</p>

All Meals are Served with 1% Milk | Due to circumstances beyond our control, menu changes may occur from time to time.

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