

Senior Nutrition Program January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed in Observance of New Year's Day	2 SITE CHOICE	3 Hearty Beef or Vegetable Stew Spinach Salad Corn Bread Fresh Fruit	4 Coconut Curry Chicken Steamed Rice Asian Style Veggies Mandarin Oranges
7 Egg & Sausage Bake w/Green Peppers & Onions Green Salad Fruit Cocktail	8 Black Bean, Chicken & Avocado Mayo Wraps Green Salad Fresh Orange Slices	9 SITE CHOICE	10 Cheeseburgers/Veg Burger w/ All The Fixin's Oven Fries Fresh Fruit	11 Sausage & Roasted Vegetable Pasta w/Homemade Alfredo Sauce Pineapple Dinner Roll
14 Butternut Squash Bisque w/Crispy Sage Turkey, Cream- Cheese, & Cranberry Sandwich Sliced Apples	15 Chicken Marsala Over Whole- Grain Pasta Steamed Green Beans Peaches	16 Beef or Vegetarian Spaghetti Sauce Spaghetti Noodles Green Salad Pears	17 Baked Potatoes w/Ham, Broccoli, & Cheese Cole Slaw Fresh Fruit	18 SITE CHOICE
21 Closed in Observance of MLK Jr.	22 Tuna Cakes Tartar Sauce Scalloped Potatoes Green Peas Fresh Fruit	23 White Bean Chili w/ Chicken Green Salad Cheesy Cornbread Baked Apples	24 Meatloaf Mashed W/ Gravy Country Style Mixed Veggies	25 Crustless Quiche w/Tomato, Onion & Cheese Green Salad
28 Chicken Pot Pie Green Salad Peaches	29 Beef Stroganoff Rotini Pasta Peas & Carrots Spiced Pears	30 Pan Toasted Gnocchi (potato pasta) Roasted Veggies & Parmesan Cheese Steamed Cauliflower Fresh Fruit	31 SITE CHOICE	

** Friday meals in Lacey are not federally funded and require payment to attend** (Menu Subject to change)