

MENU

JANUARY 2019

Coleman: 465-6216

Greendale: 832-8683

Mills: 633-3788

Sanford: 687-7888

Trailside: 633-3790

Call the number of the Senior Center you plan to attend to make lunch reservations.
All reservations must be made by 9:00am.

31 Senior Services Closed for New Years	1 Senior Services Closed for New Years	2 Pollock Fillet 19 Baked Potato 28 Broccoli 5 Coleslaw 8 Blueberry Parfait 32	3 Italian Meatballs 7 Chutney 16 Orzo 21 / Peas 9 Pears 17 Wheat Roll 11	4 Pepper Steak 9 Rice 11 Marinated Coleslaw 8 Petit Roll 25 Caramel Apple Crumble 31
7 Cheesy Chicken 9 Mashed Sweet Potato 16 Cauliflower & Butter Sauce 5 Brown Rice Salad 26 Strawberry Parfait 30	8 Goulash 27 Wax Beans 9 Tossed Salad 3 Plum 16 French Roll 18	9 Ham & Honey Glaze 9 Scalloped Potato 13 Red Cabbage 17 Ambrosia Salad 28 Wheat Roll 11	10 Baked Cod 4 Loaded Mashed Potatoes 17 Caribbean Blend 7 Applesauce 17 Petit Pain Roll 25 Chocolate Chip Cookie 18	11 Chicken, Potato & Corn Bowl 38 Coleslaw 8 Peaches 14 Nugget Roll 15
14 Turkey Pot Roast 5 Mashed Potatoes 16 California Blend Veggies 6 Carrot Apple Salad 16 Red Grapes 16 Wheat Roll 11	15 Tuna Casserole 35 Caribbean Blend Veggies 7 Spinach Romaine Salad 3 Strawberry Parfait 30 Pumpernickel Bread 14	16 Meatloaf 14 Gravy 4 Mashed Potatoes 16 Wax Beans 9 Orange 22 Nugget Roll 15	17 Pork Marsala 3 German Noodles 30 Green Beans 6 Cuke & Tomato Salad 5 Peaches 14 No Bake Cookie 23	18 Pizza 44 Zucchini & Mushrooms 4 Tossed Salad 3 Oranges & Grapes 18
21 Roast Pork 1 & Gravy 2 Mashed Potatoes 16 Brussel Sprouts 9 Hot Cinnamon Applesauce 13 Pumpernickel Bread 14 Turtle Cookie 22	22 Potato Crunch Pollock 13 Parsley Potatoes 20 Broccoli 5 Apricots 15 Streusel Muffin 36	23 National Pie Day Cheese Tortellini & Meat Sauce 36 Normandy Blend Veggies 6 Tossed Bruschetta Salad 8 Green Grapes 16 Garlic Toast 11 Strawberry Rhubarb Pie 45	24 Autumn Apple Chicken 28 Roasted Sweet Potatoes 17 Apple Cranberry Coleslaw 14 Fruit Cocktail 14 Nugget Roll 15	25 Swedish Meatballs 17 Mashed Potatoes 16 Green Beans 6 Oranges & Cranberries 25 Savory Garlic Bread 14
28 Crispy Chicken 14 & Gravy 3 Cauliflower Mashed Potatoes 8 Roasted Butternut Squash 22 Plums 16 Wheat Roll 11	29 BBQ Pork Wing 14 Mac & Cheese 12 Normandy Blend Veggies 6 Apple Cranberry Coleslaw 14 Diced Pears 17 Ultimate Cookie 22	30 Roast Beef 1 & Gravy 3 Mashed Potatoes 16 Roasted Baby Carrots 9 Strawberries & Cherries 11 French Bread Roll 18 Brownie 26	31 Chicken Fajita 10 Spanish Rice 16 Peach & Corn Salsa 20 Tropical Fruit 13 Tortilla Shell 20	1 February Breakfast Ham 3 Scrambled Eggs with Peppers & Onions 2 Cheesy Potatoes 19 Strawberries 24 Cinnamon Roll 28

Menus subject to change without notice. • HDM Hotline: Call 633-3789 for changes in delivery by 9:00am • Reservations are required. Please call.
Numbers after each menu item indicate the number of carbohydrates in grams for that item. Milk (13) is served at each meal.

Dinner

Meals on Wheels Only

JANUARY 2019

<p>31</p> <p>Senior Services Closed for New Years</p>	<p>1</p> <p>Senior Services Closed for New Years</p>	<p>2</p> <p>Sub Sandwich 2 Lettuce, Tomato & Onion 3 Italian Pasta Salad 24 Applesauce 17 Double Chocolate Cookie 18</p>	<p>3</p> <p>Crispy Oven Chicken 14 Potato Salad 16 Spinach Romaine Salad 1 Apricots 15 Wheat Roll 11 Graham Cracker 18</p>	<p>4</p> <p>Taco Salad 5 Taco Chips 26 Salsa 8 Mandarin Oranges 12 Tapioca Pudding 27</p>
<p>7</p> <p>Turkey & Cheese Lettuce & Tomato 3 Pumpernickel Bread 28 Apple Cranberry Coleslaw 14 Fruit Cocktail 14 Ultimate Cookie 22</p>	<p>8</p> <p>Tuna Pasta Salad 27 Marinated California Blend 8 Green Grapes 16 Nugget Roll 15</p>	<p>9</p> <p>Egg Tossed Salad 11 Baked Beans 22 Cuke & Tomato Salad 4 Pineapple Tidbits 14 Blueberry Muffin 34</p>	<p>10</p> <p>Turkey, Bacon, & Cheese 2 Lettuce & Tomato 3 Flatbread 16 Fruited Gelatin 26 Banana 27</p>	<p>11</p> <p>Cheese & Veggie Plate 7 Navy Bean Salad 17 Apple 26 Savory Garlic Bread 13 Turtle Cookie 22</p>
<p>14</p> <p>Chicken Waldorf Salad 8 Confetti Bean Salad 20 Fruit Cup 14 Clementine 9 Rye Bread 16</p>	<p>15</p> <p>Egg Salad 7 Hamburger Bun 25 Marinated California Blend 8 Orange & Pineapples 14 Sugar & Spice Cookie 28</p>	<p>16</p> <p>Dinner Ham & Cheese 4 Lettuce, Tomato & Onion 3 Cranberry Walnut Bread 31 3 Bean Salad 17 Plums 16</p>	<p>17</p> <p>Chef Salad 12 Pickled Beets 16 Pears 17 Double Chocolate Muffin 35</p>	<p>18</p> <p>Meatloaf 14 Veggie Bread 27 Broccoli Raisin Salad 11 Banana 27</p>
<p>21</p> <p>Chicken Pasta Salad 25 Pea & Peanut Salad 10 Fruit Cocktail 14 Wheat Roll 11</p>	<p>22</p> <p>Turkey & Cheese Lettuce & Tomato 3 Cranberry Walnut Bread 31 Confetti Bean Salad 20 Plums 16</p>	<p>23</p> <p>Roast Pork 1 Rye Bread 30 Lettuce, Tomato & Onion 3 Cukes 'n' Cream 9 Apple 22</p>	<p>24</p> <p>Tuna Pasta Salad 27 Tomato Salad 5 Banana 27 Carnival Cookie 18</p>	<p>25</p> <p>Mexican Chicken Salad 25 Taco Chips 26 Salsa 8 Pineapple 14</p>
<p>28</p> <p>Sub Sandwich 21 Lettuce, Tomato & Onion 3 3 Bean Salad 17 Strawberry Parfait 30</p>	<p>29</p> <p>Egg Salad 7 Hamburger Bun 25 Tossed Salad 3 California Vegetable 8 Pineapple & Fruit Mix 10</p>	<p>30</p> <p>Tuna Apple Salad 9 Cuke & Tomato Salad 5 Naan Bread 21 Ambrosia Salad 28</p>	<p>31</p> <p>Heavenly Layered Salad 14 Banana 27 Pumpkin Bran Muffin 36</p>	<p>1</p> <p>Roast Beef 1 Wheat Bread 39 Potato Salad 16 Tossed Salad 3 Apricots 15</p>

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