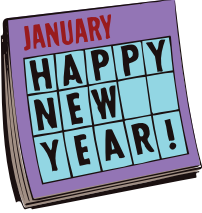



# ST. CHARLES AREA AGENCY ON AGING • JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Meals are Served With 1/2 Pint of 2% Milk.</p>	<p><u>CLOSED FOR HOLIDAY</u></p> 	<p><b>Sliced Roasted Turkey</b> <b>Hoagie w/Gravy</b> Smothered Potatoes Carrots Fresh Orange</p>	<p><u>SPECIAL BY EDGARD</u> <b>Smothered Chicken w/ Pepper &amp; Onion Gvy</b> Candied Sweet Potatoes Green Peas Garlic Bread Peach Cobbler</p>	<p><b>Meatloaf w/Gravy</b> Mashed Potatoes Southern Green Beans Whole Wheat Bread Pudding Cup</p>
	1	2	3	4
<p><b>Meatball Hoagie</b> <b>w/Creole Sauce</b> Lima Beans Capri Blend Vegetables Applesauce</p>	<p><b>Red Beans &amp; Sausage</b> <b>w/Brown Rice</b> Garden Salad w/Dressing Seasoned Turnip Greens Cornbread LD Chocolate Chip Creme Pie</p>	<p><u>BREAKFAST SPECIAL</u> <b>Brkfst Sausage or Ham</b> Grits / Biscuit Jelly / Margarine Strawberry-Kiwi Juice Escaloped Apples Fruit &amp; Grain Bar</p>	<p><b>Hamburger</b> on a Bun Lettuce/Tomato/Pickle Mayonnaise/Mustard Potato Salad Fresh Fruit Chocolate Milk</p>	<p><b>BBQ Bone-In Chicken</b> Au Gratin Potatoes Southern Green Beans Whole Wheat Bread Fresh Orange Margarine</p>
7	8	9	10	11
<p><b>Chicken &amp; Sausage</b> <b>Jambalaya</b> Buttered Cabbage Carrots White Dinner Roll LD Oatmeal Cookie Margarine</p>	<p><b>Country Beef Vegetable</b> <b>Stew w/Brown Rice</b> Chuckwagon Corn Whole Wheat Bread Fruit Punch Margarine</p>	<p><u>BIRTHDAY SPECIAL</u> <b>Chicken &amp; Sausage</b> <b>Gumbo w/Rice</b> Okra &amp; Tomatoes Potato Salad Whole Wheat Crackers Bday Cake/Ice Cream</p>	<p><b>A-1 Chopped Steak</b> <b>w/Gravy</b> Mashed Potatoes Mixed Vegetables Whole Wheat Bread Variety Moon Pie</p>	<p><b>Tuna Salad Sandwich</b> on Whole Wheat Bread Potato Chowder Winter Blend Vegetables Peach Crisp</p>
14	15	16	17	18
<p><u>CLOSED FOR HOLIDAY</u></p> 	<p><b>Turkey &amp; Cheese</b> <b>Sandwich</b> on Whole Wheat Bread Lettuce / Tomato Mayonnaise / Mustard Beet &amp; Mandarin Salad Fresh Banana</p>	<p><b>Ham w/White Beans</b> <b>&amp; Rice</b> Carrots Coleslaw Cornbread Fruit &amp; Grain Bar</p>	<p><b>Spaghetti</b> <b>w/Meat Sauce</b> Garden Salad w/Italian Italian Blend Vegetables White Dinner Roll Apple Cobbler</p>	<p><u>WINTER SPECIAL</u> <b>Baked Bone-In Chicken</b> Cabbage Candied Sweet Potatoes Whole Wheat Bread Banana Choc Chip Bar</p>
21	22	23	24	25
<p><b>Sliced Roasted Turkey</b> <b>w/Gravy</b> Smothered Potatoes Glazed Carrots Whole Wheat Bread Fresh Orange Margarine</p>	<p><b>Hamburger w/Cheese</b> on a Bun Lettuce/Tomato/Onion Baked Beans Peach Cobbler Chocolate Milk</p>	<p><b>Ham &amp; Blackeyed</b> <b>Peas w/Rice</b> Coleslaw Steamed Spinach Cornbread Fresh Banana</p>	<p><u>SPECIAL BY EDGARD</u> <b>Smothered Chicken w/ Pepper &amp; Onion Gvy</b> Candied Sweet Potatoes Green Peas Garlic Bread Peach Cobbler</p>	<p><b>Your Contributions are Greatly Appreciated.</b></p> <p><b>Please Help Your Council on Aging Help Others.</b></p>
28	29	30	31	