

JANUARY 2020

ifespan Resources (all meals served with 1/2pint 1% milk)





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	31	1 CLOSED New Year's Day	2 Tangy Ranch Chicken 3oz Mashed Potatoes 1/2c Spinach 1/2c Orange Slices (2 quarters) Wheat Roll/ Margarine	3 Breaded Pork Cutlet 3oz Mashed Red Potatoes 1/2c Baby Carrots 1/2c Chilled Pineapple 1/2c Wheat Roll/ Margarine
6 Pinto Beans with Ham (20z) Fried Potatoes 1/2c Seasoned Greens (1/2c) Fruit Medley 1/2c Corn Muffin	7 Fried Chicken 3oz) Whipped Sweet Potatoes 1/2c Green Beans 1/2c Chilled Pudding with Topping 1/2c Wheat Roll/Margarine	8 Tomato Soup 6oz Tuna Salad Sandwich 3oz Potato Salad 1/2c Wheat Bread 2sl Crackers Oatmeal Cookie 1	Pork Casserole 1 cup Peas & Carrots 1/2c Pineapple Angel Cake 1sl Wheat Bread / Margarine	10 Turkey Divan 3oz (1/2c Broccoli Spear in Turkey) Candied Sweet Potatoes 1/2c Pumpkin Pie 1sl Wheat Roll / Margarine
13 Hearty Chili 1c Mixed Green Salad 1c Chilled Pineapple ½ c Sugar Cookie 1 Ranch Dressing Crackers	14 Turkey & Rice Casserole 1c Broccoli 1/2c Chocolate Brownie 1ea Wheat Roll/ Margarine	15 Herbed Pork Cutlet 3oz Baked Potato 1/2c Buttered Carrots 1/2c Chilled Pears 1/2c Sour Cream Wheat Roll	16 Hamburger 3oz Mustard Potato Salad 1/2c Creamy Cole Slaw 1/2c Pudding with Topping 1/2c Wheat Bun Mustard/Katchup	17 Clam Chowder 6oz (2oz Clams) Buttered Corn 1/2c Tomato & Spinach Salad 1c Fruit Parfait 1/2c Ranch Dressing
20 Closed Martin Luther King Day	Eream of Potato Soup 6oz Turkey (2oz) and Cheddar Sandwich Sandroch Baked Potato Chips 1/2c Wheat Bread 2sl Mandarin Oranges 1/2c Mayonnaise/ Crackers	22Pork Cutlet with Brown Gravy 3oz Whipped Sweet Potatoes 1/2c Brussels Sprouts 1/2c Pudding Parfait 1/2c	23 White Chili 1c (2oz chicken in chili) Collard Greens 1/2c Fruit Medley 1/2c Combread Oatmeal Cookie 1	Swiss Burger 3oz Swiss Burger 3oz Buttered Com 1/2c Creamy Coleslaw 1/2c Banana 1 med Wheat Bun Ketchup
27Beef Tacos (3oz Meat) Texas Pinto Beans 1/2c Shredded Green Salad w/ tomatoes & Cheese 1c Fruited gelatin 1/2c Tortillas (2)	2&hicken Tenders (2ea) Macaroni & Cheese 1/2c Broccoli Florets 1/2c Old Fashioned Ambrosia 1/2c Wheat bread RBO Sauce	29 Beef (2oz) & Noodles 1/2c Buttered Carrots 1/2c Fruit medley 1/2c Wheat Roll/ Margarine	3QBBQ Pork Ribette 3oz Baked Sweet Potatoes 1/2c Cauliflower 1/2c Chilled Peaches 1/2c Wheat Roll	Chicken Salad Sandwich Chicken Salad Sandwich (2oz chicken / 1/2cportion) Pasta Salad 1/2c Mandarin Oranges 1/2c Wheat Bread 2st



New Year's Health

Resolutions

for Older Americans Monday thru Friday Hot Plate Lunch or Dietary Guidelines All Meals Meet 1/3 Open to the Public Age 60+/Disabled established by the Order in Advance \$2.50 Donation of the USDA Reservation Chef Salad Required

Meals are planned to ensure low salt, low sugar & low fat