

Donation: \$1.00

Lunch is served at 1:00 pm at the South Middle School on West Silver Street.
Please call the Senior Center at 562-6435 by 10:30am to reserve your spot.

A carton of Low Fat Milk is included with every meal.
Coffee or Tea may be selected in place of the Milk.

Monday Jan. 7 , 2018

Baked Rosemary Chicken Quarter
Rice Pilaf .10
California blend Veggies
Chilled Peaches .25
Carton of Low Fat Milk
Soup Of The Day
Dried Cranberries

Monday Jan. 14, 2018

Sliced Turkey & Gravy
Over Stuffing
Honey Glazed Carrots
Warm Sliced Apples
Carton of Low Fat Milk
Soup Of The Day
Dried Cranberries

Monday Jan 21, 2018**Martin Luther King Day****Monday Jan. 28, 2018**

Beef Stroganoff
Over Egg Noodles
Italian Blend Vegetables
Diced Strawberries
Carton of Low Fat Milk
Soup Of The Day
Dried Cranberries

Tuesday Jan.8 , 2018

Yankee Pot Roast
Whipped Potatoes
Whole Kernel Corn
Blueberry Snack'n Loaf
Fresh Fruit
Carton of Low Fat Milk

Tuesday Jan.15, 2018

Yankee Pot Roast
Whipped Potatoes
Green Beans
Blueberry Snack'n Loaf
Chilled Pears
Carton of Low Fat Milk

Tuesday Jan 22, 2018

Yankee Pot Roast
Whipped Potatoes
Whole Kernel Corn
Blueberry Snack'n Loaf
Diced Strawberries
Carton of Low Fat Milk

Tuesday Jan.29 , 2018

Yankee Pot Roast
Whipped Potatoes
Green Beans
Blueberry Snack'n Loaf
Chilled Pears
Carton of Low Fat Milk

Wednesday Jan. 2, 2018

Homestyle Chicken Drum
Rice Pilaf
Steamed Carrots
Mixed Fruit
Fig Bar
Carton of Low Fat Milk
Soup Of The Day

Wednesday Jan. 9, 2018

Shepherd's Pie made with
Beef, Corn and Whipped Potatoes
Steamed Green Beans
WG Dinner Roll
Chilled Applesauce
Fig Bar
Carton of Low Fat Milk
Soup Of The Day

Wednesday Jan. 16, 2018

Meatloaf
Rice pilaf .10
Peas and Carrots
WG Dinner Roll
Chilled Pears
Fig Bar
Carton of Low Fat Milk
Soup Of The Day

Wednesday Jan. 23, 2018

Homestyle Chicken Drum
Cheddar & Broccoli Rice
Steamed Carrots
Mixed Fruit
Fig Bar
Carton of Low Fat Milk
Soup Of The Day

Wednesday Jan. 30, 2018

Savory Chicken Breast
Au Gratin Potatoes
California Blend Veggies
Fresh Fruit
Fig Bar
Carton of Low Fat Milk
Soup Of The Day

Thursday Jan. 3, 2018

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Peach Crisp
Carton of Low Fat Milk

Thursday Jan. 10, 2018

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Apple Crisp
Carton of Low Fat Milk

Thursday Jan.17 , 2018

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Peach Crisp
Carton of Low Fat Milk

Thursday Jan. 24, 2018

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Apple Crisp
Carton of Low Fat Milk

Thursday Jan. 31, 2018

Roasted Turkey
With Gravy
Whipped Potatoes
Whipped Yams
Peach Crisp
Carton of Low Fat Milk

Friday Jan. 4, 2018

Breaded Baked Pollock
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Friday Jan. 11, 2018**EARLY RELEASE****Friday Jan. 18, 2018**

Potato Pollock Fillet
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

Friday Jan.25 , 2018

Lemon Pollock Loin (unbreaded)
Whipped Potatoes
Steamed Broccoli
WG Dinner Roll
Chocolate Pudding with Topping
Carton of Low Fat Milk
Soup Of The Day

