

January

Nutrition Program funded by the Older Americans Act through Area Agency on Aging 3




Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chili Baked Potato/ Sour Cream Apple Juice Cornbread Muffin Crackers</p>	<p>3 Roast Pork w/ Gravy Bread Dressing Sweet Potatoes Italian Blend Veggies Orange Bread Slice</p>	<p>4 Country Fried Steak Mashed Potatoes Baby Carrots Jell-O Salad Bread Slice Angel Food Cake</p>	<p>5 Lemon Pepper Chicken Scalloped Potatoes Green Beans Mandarin Oranges Bread Slice SF Pudding</p>	<p>6 Meat Lasagna Wax Beans Garden Salad w/ Dressing Baked Cinnamon Apples Garlic Bread</p>
<p>9 Turkey w/ Gravy Sweet Potatoes Green Bean Casserole Grape Juice Dinner Roll Fruit Muffin</p>	<p>10 Pork Loin w/ Gravy Mashed Potatoes Sauerkraut Apricots Bread Slice Yellow Cake</p>	<p>11 Beef Stew Garden Salad w/ Dressing Warm Cinnamon Peach Crisp Biscuit Graham Crackers</p>	<p>12 Hotdog Baked Beans Seasoned Greens w/ Bacon Jell-O w/ Mandarin Oranges Hotdog Bun Ketchup/Mustard</p>	<p>13 Sloppy Joes Broccoli Soup Cole Slaw Warm Applesauce Bun Crackers</p>
<p>16 Baked Steak w/ Gravy Mashed Potatoes Broccoli & Cauliflower Grape Juice Dinner Roll SF Pudding</p>	<p>17 Ham Steak in Au Jus Redskin Potatoes Brussels Sprouts Applesauce Dinner Roll Fruit Muffin</p>	<p>18 Shredded Chicken Hearty Vegetable Soup Potato Salad Warm Baked Peaches Bun Crackers</p>	<p>19 Swiss Steak w/ Gravy, Onions, & Peppers Mashed Potatoes Peas & Carrots Jell-O w/ Fruit Bread Slice Brownie</p>	<p>20 Breaded Fish Patty Au Gratin Potatoes Stewed Tomatoes Pear Slices Bun/Tarter Sauce Animal Crackers</p>
<p>23 Hot Ham w/ Cheese Tomato Soup Peas & Carrots Pears Bun Crackers Ketchup/Mustard</p>	<p>24 Roast Beef w/ Gravy Mashed Potatoes Broccoli w/ Cheese Fruit Cocktail Dinner Roll Vanilla Wafers</p>	<p>25 Spaghetti w/ Meat Sauce Cauliflower Garden Salad/Dressing Warm Cherry Crisp Italian Bread</p>	<p>26 Baked Chicken Breast w/ Gravy Rosemary Red Potatoes Carrots Fruit Parfait Bread Slice Angel Food Cake</p>	<p>27 Sausage Gravy Eggs Hash Brown Potatoes Apple Tomato Juice Biscuit</p>
<p>30 Meatloaf Au Gratin Potatoes Green Beans Mixed Fruit Bread Slice Brownie</p>	<p>31 Roasted Chicken w/ Gravy Mashed Potatoes Brussels Sprouts Mandarin Oranges SF Pudding Bread Slice</p>		<p>For Nutrition content inquires call 1-800-520-2905</p>	<p>Meals are served with 2% or Skim milk and Margarine. All Menus are subject to change.</p>

REMINDER HDM CLIENTS: If you are not home a meal cannot be delivered, as this is a violation of SNP policy and the Food Safety Rules. Please call **1-800-520-2905** and cancel if you will not be home.

February

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>For Nutrition content inquires call 1-800-520-2905</i></p>		<p>1 Beef Stroganoff over Noodles Lima Beans Cauliflower Apricots Bread Slice</p>	<p>2 BBQ Pulled Pork Potato Soup Broccoli Florets Banana Crackers Bun</p>	<p>3 Cabbage Roll Mashed Potatoes Capri Blend Veggies Waldorf Salad Bread Slice Chocolate Cake</p>
<p>6 Chili Baked Potato/ Sour Cream Apple Juice Cornbread Muffin Crackers</p>	<p>7 Roast Pork w/ Gravy Bread Dressing Sweet Potatoes Italian Blend Veggies Orange Bread Slice</p>	<p>8 Country Fried Steak Mashed Potatoes Baby Carrots Jell-O Salad Bread Slice Angel Food Cake</p>	<p>9 Lemon Pepper Chicken Scalloped Potatoes Green Beans Mandarin Oranges Bread Slice Pudding</p>	<p>10 Meat Lasagna Wax Beans Garden Salad w/ Dressing Baked Cinnamon Apples Garlic Bread</p>
<p>13 Turkey w/ Gravy Sweet Potatoes Green Bean Casserole Grape Juice Dinner Roll Fruit Muffin</p>	<p>14 Pork Loin w/ Gravy Mashed Potatoes Sauerkraut Apricots Bread Slice Yellow Cake</p>	<p>15 Beef Stew Garden Salad w/ Dressing Warm Cinnamon Peach Crisp Biscuit Graham Crackers</p>	<p>16 Hotdog Baked Beans Seasoned Greens w/ Bacon Jell-O w/ Mandarin Oranges Hotdog Bun Ketchup/Mustard</p>	<p>17 Sloppy Joes Broccoli Soup Cole Slaw Warm Applesauce Bun Crackers</p>
<p>20 Baked Steak w/ Gravy Mashed Potatoes Broccoli & Cauliflower Grape Juice Dinner Roll SF Pudding</p>	<p>21 Ham Steak in Au Jus Redskin Potatoes Brussels Sprouts Applesauce Dinner Roll Fruit Muffin</p>	<p>22 Salmon Patty with Sauce Rice Pilaf Green Beans Apple Juice Dinner Roll Shortbread Cookies</p>	<p>23 Swiss Steak w/ Gravy, Onions, & Peppers Mashed Potatoes Peas & Carrots Jell-O w/ Fruit Brownie</p>	<p>24 Breaded Fish Patty Au Gratin Potatoes Stewed Tomatoes Pear Slices Bun/Tarter Sauce Animal Crackers</p>
<p>27 Hot Ham w/ Cheese Tomato Soup Peas & Carrots Pears Bun Crackers Ketchup/Mustard</p>	<p>28 Roast Beef w/ Gravy Mashed Potatoes Broccoli w/ Cheese Fruit Cocktail Dinner Roll Vanilla Wafers</p>	<p>29 Spaghetti w/ Meat Sauce Cauliflower Garden Salad/Dressing Warm Cherry Crisp Italian Bread</p>	<p><i>All Menus are subject to change.</i></p>	<p><i>Meals are served with 2% or Skim milk and Margarine.</i></p>

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March

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>For Nutrition content inquires call 1-800-520-2905</p>	<p>Meals are served with 2% or Skim milk and Margarine.</p> <p>All Menus are subject to change.</p>		<p>1 Baked Chicken Breast w/ Gravy Rosemary Red Potatoes Carrots Fruit Parfait Bread Slice Angel Food Cake</p>	<p>2 Tuna & Noodle Casserole Peas Green Beans Mandarin Oranges Bread Slice</p>
<p>5 Meatloaf Au Gratin Potatoes Green Beans Mixed Fruit Bread Slice Brownie</p>	<p>6 Roasted Chicken w/ Gravy Mashed Potatoes Brussels Sprouts Mandarin Oranges SF Pudding Bread Slice</p>	<p>7 Beef Stroganoff over Noodles Lima Beans Cauliflower Apricots Bread Slice</p>	<p>8 BBQ Pulled Pork Potato Soup Broccoli Florets Banana Crackers Bun</p>	<p>9 Oven Fried Fish Mashed Potatoes Capri Blend Veggies Waldorf Salad Bread Slice Chocolate Cake</p>
<p>12 Chili Baked Potato/ Sour Cream Apple Juice Cornbread Muffin Crackers</p>	<p>13 Roast Pork w/ Gravy Bread Dressing Sweet Potatoes Italian Blend Veggies Orange Bread Slice</p>	<p>14 Country Fried Steak Mashed Potatoes Baby Carrots Jell-O Salad Bread Slice Angel Food Cake</p>	<p>15 Lemon Pepper Chicken Scalloped Potatoes Green Beans Mandarin Oranges Bread Slice Pudding</p>	<p>16 Veggie Lasagna Wax Beans Garden Salad w/ Dressing Baked Cinnamon Apples Garlic Bread</p>
<p>19 Turkey w/ Gravy Sweet Potatoes Green Bean Casserole Grape Juice Dinner Roll Fruit Muffin</p>	<p>20 Pork Loin w/ Gravy Mashed Potatoes Sauerkraut Apricots Bread Slice Yellow Cake</p>	<p>21 Beef Stew Garden Salad w/ Dressing Warm Cinnamon Peach Crisp Biscuit Graham Crackers</p>	<p>22 Hotdog Baked Beans Seasoned Greens w/ Bacon Jell-O w/ Mandarin Oranges Hotdog Bun Ketchup/Mustard</p>	<p>23 Macaroni & Cheese Stewed Tomatoes Broccoli Applesauce Bread Slice SF Pudding</p>
<p>26 Baked Steak w/ Gravy Mashed Potatoes Broccoli & Cauliflower Grape Juice Dinner Roll SF Pudding</p>	<p>27 Ham Steak in Au Jus Redskin Potatoes Brussels Sprouts Applesauce Dinner Roll Fruit Muffin</p>	<p>28 Shredded Chicken Hearty Vegetable Soup Potato Salad Warm Baked Peaches Bun Crackers</p>	<p>29 Swiss Steak w/ Gravy, Onions, & Peppers Mashed Potatoes Peas & Carrots Jell-O w/ Fruit Bread Slice Brownie</p>	<p>30 Breaded Fish Patty Au Gratin Potatoes Stewed Tomatoes Pear Slices Bun/Tarter Sauce Animal Cracker</p>

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