








JANUARY 2019 SENIOR MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Closed Happy New Years!</p>	<p>2</p> <p> Cheese Lasagna Raisin Carrot Salad Sourdough Bread W/Butter Tropical Fruit</p>	<p>3</p> <p>BBQ Rib Sandwich Coleslaw Honeydew</p>	<p>4</p> <p>Chinese Chicken Stir Fry Rice Cantaloupe Lemon Pudding</p>
<p>7</p> <p>Chicken Thigh in Mushroom Sauce Calif. Mixed Veggies Wheat Bread W/Butter Applesauce</p>	<p>8</p> <p> Turkey & Cheese Sandwich Lettuce/Tomato/Onion Minestrone Soup Tropical Fruit</p>	<p>9</p> <p>Salisbury Steak W/Gravy Baked Potato W/Sour Cream Wheat Roll W/Butter Cantaloupe</p>	<p>10</p> <p>Chicken Pesto Pasta Broccoli Salad Sourdough Bread W/Butter Raisins</p>	<p>11</p> <p>Beef Enchilada Casserole Refried Beans Fruited Jello</p>
<p>14</p> <p>Pork Chili Verde Refried Beans Tortilla Tropical Fruit</p>	<p>15</p> <p> Macaroni & Cheese Calif. Mixed Veggies Pineapple Bits Chocolate Pudding</p>	<p>16</p> <p>Cheese Burger Lettuce/Tomato/Onion Pork & Beans Sliced Apples</p>	<p>17</p> <p>Beef Stroganoff Peas & Carrots Sourdough Bread W/Butter Cantaloupe</p>	<p>18</p> <p>Beef & Vegetable Stew Egg Noodles Tossed Salad W/Broccoli Honeydew</p>
<p>21</p> <p>Closed MLK Day</p>	<p>22</p> <p>Breaded Chicken Drumstick Steamed Carrots Wheat Bread W/Butter Tropical Fruit</p>	<p>23</p> <p>Beef Pepper Steak W/Gravy Corn Caesar Salad Roll W/Butter Pineapple Bits</p>	<p>24</p> <p>Chicken Fettuccini Alfredo Hi C Salad Sourdough Bread W/Butter Diced Pears</p>	<p>25</p> <p> Polish Dog W/Onions & Peppers Pickled Beets Sliced Apples</p>
<p>28</p> <p>BBQ Chicken Thigh Calif. Mixed Veggies Wheat Bread W/Butter Applesauce</p>	<p>29</p> <p>Albacore Tuna Sandwich Corn Chowder Soup Cantaloupe</p>	<p>30</p> <p>Spaghetti W/Meatsauce Hi C Salad Sourdough Bread W/Butter Diced Peaches</p>	<p>31</p> <p>Seasoned Ground Beef Tostada Cheese/Lettuce Refried Beans Sliced Apples</p>	

Funding through: Fresno-Madera Area Agency on Aging

All meals include Low Fat Milk
High Sodium Meals

Suggested Donation: \$2.00 Non-Senior Rate: \$5.75

