

JANUARY MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
ElderHouse serves: Coffee at 8:30am Lunch at 12:00noon Snack at 2:00pm Hydration is offered throughout the day.				ELDERHOUSE IS CLOSED		Macaroni and Cheese 1 c Pinto Beans 1/2 c Mixed Greens 1/2 c Wheat Dinner Roll 1 ea Diced Peaches 1/2 c Milk 8 oz Margarine 1 pkt		Beef Taco Meat 3 oz Spanish Rice 1/2 c Fiesta Vegetables 1/2 c Whole Tortilla 1 ea Pineapple Tidbits 1/2 c Milk 8 oz Sour Cream 1 ea	
6		7		8		9		10	
Beef/Chicken Swedish Meatballs (0.5 oz) 7 ea Bowtie Noodles 1/2 c Brussels Sprouts 1/2 c Wheat Bread 1 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 ea	Sweet and Sour Breaded Chicken 12 ea Confetti Brown Rice 1/2 c Broccoli 1/2 c Wheat Bread 1 slc Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 ea	Potato Soup 6 oz BBQ Pork 3 oz Cabbage w/Carrots 1/2 c Dinner Roll 2 ea Vanilla Pudding 1/2 c Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 ea Saltine Crackers 1pkt	Tomato Basil Chicken Thigh 3 oz Garlic Parmesan Orzo 1/2c Green Beans 1/2 c Wheat Bread 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 ea	Cheese Omelet 1 ea Tater Tots 1/2 c Spinach 1/2 c Wheat English Muffin 1 ea Applesauce 1/2 c Milk 8 oz Margarine 1 ea					
13		14		15		16		17	
Chicken Parmesan 1 ea Penne Noodles 1/2 c Broccoli 1/2 c Wheat Bread 1 slc Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 ea	Honey Mustard Pork 3 oz Baked Pinto Beans 1/2 c Cabbage 1/2 c Wheat Bread 2 slc Fudge Brownie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Margarine 1 ea	Philly Cheese Steak 1 ea Oven Roasted Potatoes 1/2 c Carrots 1/2 c Whole Grain Hot Dog Bun 1 ea Applesauce 1/2 c Milk 8 oz	Turkey Chili 1 c Corn O'Brien 1/2c Mixed Greens 1/2 c Wheat Bread 2 slc Diced Pears 1/2c Milk 8 oz Margarine 1 ea	Vegetable Barley Soup 6 oz Potato Crusted Pollock 1 ea Green Beans 1/2 c Dinner Roll 1 ea Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 ea Tartar Sauce 1 ea Saltine Crackers 1 pkt					
20		21		22		23		24	
Low Salt Ham 3 oz Sweet Potato Casserole 1/2 c Lima Beans 1/2 c Wheat Bread 2 slc Applesauce 1/2 c Milk 8 oz Margarine 1 ea	Beef/Chicken Meatballs w/Tomato Sauce (0.5 oz) 7 ea Bowtie Noodles 1/2 c Green Peas 1/2 c Wheat Bread 1 slc Fresh Seasonal Fruit 1 ea Milk 8 oz Margarine 1 ea	Chicken Stir Fry 3/4 c Brown Rice Carrots 1/2 c Dinner Roll 1/2 c Chocolate Pudding 1 ea Assorted Fruit Juice 1/2 c Milk 4 oz Margarine 8 oz 1 ea	Cream of Broccoli Soup 6 oz Hamburger Patty 1 ea American Cheese 1 slc Crinkle Cut Fries 1/2 c Whole Grain Hamburger Bun 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Ketchup 1 ea Saltine Crackers 1 pkt	Macaroni and Cheese 1 c Baked Pinto Beans 1/2 c Mixed Greens 1/2 c Wheat Bread 2 slc Mandarin Oranges 1/2 c Milk 8 oz Margarine 1 ea					
27		28		29		30		31	
Swiss Steak 1 ea Whipped Potatoes 1/2 c Capri Vegetables 1/2 c Wheat Bread 2 slc Diced Peaches 1/2 c Milk 8 oz Margarine 1 ea	Cheese Baked Ziti 1 c Carrots 1/2 c Spinach 1/2 c Wheat Bread 1 slc Pineapple Tidbits 1/2 c Milk 8 oz Margarine 1 ea	Navy Bean Soup 6 oz Chicken Tenders 3 ea Corn O'Brien 1/2 c Dinner Roll 1 ea Fudge Crème Cookie 1 ea Assorted Fruit Juice 4 oz Milk 8 oz Ketchup 1 ea Saltine Crackers 1 pkt	Beef Taco Meat 4 oz Brown Spanish Rice 1/2 c Fajita Vegetables 1/2 c Flour Tortilla 1 ea Fresh Seasonal Fruit 1 ea Milk 8 oz Taco Sauce 1 ea	Potato Crusted Pollock 1 ea Tater Tots 1/2 c Cabbage 1/2 c Whole Grain Hamburger Bun 1 ea Applesauce 1/2 c Milk 8 oz Tartar Sauce 1 ea Margarine 1 ea					