

SENIORS LUNCH PROGRAM



Healthy Tip of the Month : Be Active

Regular physical activity lowers blood pressure and helps your body control stress and weight. Start by doing an exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

All meals are served with a choice of Skim or 2% Milk and Dinner Roll

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy New Year!! CENTER CLOSED	2
3  	4 Meatloaf, Mashed Potatoes, Cheesy Spinach, Peaches	5 Tuna Casserole, Caesar Salad w/ dressing, Fruit Cobbler	6 Chicken Rice Casserole, Corn O'Brien, Brussel Sprouts, Apricot halves/Cookie	7 BBQ Beef Platter, Baked Beans, Zucchini, Peach Cobbler, Cornbread	8 Teriyaki Chicken, Brown Rice, Greens, Poke Cake,	9
10	11 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Corn O'Brien, Fruit Trifle	12 Maple Glazed Pork Chop, Potato Fingers, Confetti Coleslaw, Fruit Cobbler	13 Roasted Chicken, Corn Pudding, Green Beans, Mandarin/ Gelatin Cubes	14 Italian Meat Sauce, Jefferson Noodles, Caesar Salad w/ dressing, Rosy Pears	15 Honey Glazed Turkey, Sweet Potato Fingers, Squash Medley, Pound Cake, Sliced Peaches	16
17	18 CENTER CLOSED HOLIDAY	19 Marinated Pork Roast, Baked Beans, Sweet & Sour Cabbage, Spiced Apples	20 Beef King Casserole, Garden Salad w/dressing, Vegetable Medley, Hawaiian cup, Rice Treat	21 Oven Fried Chicken, Chuckwagon Corn, Stewed Tomatoes, Fruit Cocktail, Marble Cake	22 Salisbury Steak, Mashed Potatoes w/ gravy Broccoli & Cauliflower, Stewed Apricot & Prunes	23
24	25 Lemon Pepper Turkey, Sage Bread Dressing, Green Peas, Fruit Crisp	26 Cornflake Chicken, DelMonico Potatoes, Calico Coleslaw, Fruit Peanut B Cookie	27 Beef Tips w/ gravy, Jefferson Noodles, Spinach, Pear Delight	28 Turkey Croquette, Parmesan Potatoes, Coleslaw, Fruit Trifle	29 Sliced Ham, Whipped Sweet Potatoes, Fresh Lima Beans, Hawaiian Cup, Sugar Cookie	30
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