

Elderly Nutrition Program January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Holiday	2 Fried Chicken Corn Salad Roll Pumpkin Cake Cookies	3 Beef Fried Rice Asian Blend Spring Roll Jell -O	4 Spaghetti w/Meatballs WK Corn Garlic Bread Texas Sheet Cake
7 Beef & Hominy Green Beans Cornbread Applesauce Cake	8 Smoked Sausage w/Peppers & Onions Mac & Cheese Side Salad Cake w/Icing	9 Chicken Tender Mashed Potatoes Country Gravy California Vegetables Jell-O w/Fruit	10 Baked Potato w/Fixings Soup Apple Pie	11 Sausage Sliders Potato & Fall Veg Casserole Fruit Cinnamon Roll
14 Beef Tips w/Gravy Over Egg Noodles Peas & Carrots Biscuits Fast & Fancy	15 Baked Chicken Candied Yams Bread No Bake Cookies	16 Meatloaf Mashed Potatoes Mixed Veggies Roll Peaches & Cottage Cheese	17 Indian Tacos Birthday Cake	18 Cook's Choice
21 Hot Open Faced Turkey Okra Salad Peach Cobbler	22 Chicken Pasta Bake Tuscan Blend Breadstick Strawberry Shortcake Cookie	23 Cheeseburger w/Fixings Chips Honey Fruit Salad	24 Fried Catfish Coleslaw Hushpuppies Pineapple Upside Down Cake	25 Fire Braised Ribs Okra Macaroni Salad Bread Fruit Turnover
28 Pecanwood Ham Scallop Potatoes Veggie Blend Pecan Pie	29 Fried Pork Chop Baby Bakers Roll Strawberry Shortcake	30 Chicken Fried Steak Mashed Potatoes Country Gravy Roasted Asparagus w/Mushrooms Fast & Fancy	31 Hamburger Stew Cornbread Cobbler	