



Council on Aging January 2023 HDM Menu

	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
COA Closed for New Years 	Meatloaf w/Gravy Chopped Collards w/Vinegar Buttered Macaroni Canned Fruit Yeast Roll w/Marg. 2% Milk	Pork Loin w/Gravy Red Bliss Potatoes Stewed Apples Yeast Roll w/Marg. Cookies 2% Milk	Chicken Pot Pie Green Beans Slaw Cupcake 2% Milk	Great Northern Beans w/Ham Steamed Cabbage Fruit Salad Corn Muffin Cookies 2% Milk
9	10	11	12	13
Beef Stew Chopped Spinach w/Vinegar Fruit Yogurt Biscuit w/Marg. 2% Milk	Chicken Bites w/Gravy Green Beans Sweet Potatoes Cupcake Dinner Roll w/Marg. 2% Milk	Pulled Pork on Bun Slaw Red Bliss Potatoes Warm Stewed Apples 2% Milk	Baked Ziti Tossed Salad w/Dressing Corn Wheat Roll w/Marg. 2% Milk	Chicken Bites w/BBQ Sauce Sliced Tomato, Onion, Lettuce Corn Yeast Roll w/Marg. Cookies 2% Milk
16	17	18	19	20
COA CLOSED 	Baked Chicken Bites w/Gravy Macaroni and Cheese Carrots Fresh Fruit Dinner Roll w/Marg. 2% Milk	Pork Loin w/Gravy Steamed Cabbage Black Eyed Peas Orange Slices Corn Muffin w/Marg. 2% Milk	Steakburger/Bun/Onions Slaw Baked Beans Warm Canned Fruit 2% Milk	Chicken and Dumplings Baby Lima Beans Stewed Apples Yeast Roll w/Marg. Fruit Yogurt 2% Milk
23	24	25	26	27
Baked Chix Tenders w/Gravy Red Bliss Potatoes Peas and Carrots Wheat Roll w/Marg. Cold Fruit Crisp 2% Milk	Chili Con Carne Corn Rice Corn Muffin Orange Slices 2% Milk	Sliced Ham w/Raisins Chopped Collards Great Northern Beans Canned Fruit Yeast Roll w/Marg. 2% Milk	Chicken Fajitas Sauteed Peppers, Onions Mexican Rice Chopped Lettuce, tom. Fresh Fruit 2% Milk	Sloppy Joe on Bun Slaw Parsley Potatoes 2% Milk
30	31			
Chicken Pot Pie Baby Lima Beans Broccoli Salad Banana Bread 2% Milk	Beef Tips w/Gravy Brown Rice Green Beans Canned Fruit Cookies 2% Milk			If you have any questions or need to cancel your meal Contact: Barbara Woody 919-542-4512 ext. 232