

Council on Aging January 2022 HDM

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| Baked fish w/ lemon butter Carrots Squash Zucchini Rice Gelatin Wheat roll/margarine 2% Milk | Meatloaf w /LS gravy Collards Noodles Mangos Graham crackers Roll/margarine 2% Milk | Pork loin w/gravy Stewed Apples Potatoes Cookies Roll /margarine 2%Milk | Chicken pot pie Green beans Coleslaw Cupcake Banana 2%Milk | Northern Beans Steamed Cabbage Melon Cookies Cornbread 2% Milk |
| 10 | 11 | 12 | 13 | 14 |
| Beef Stew Spinach Salad Rice Fruited yogurt Biscuit FF Salad dressing 2% Milk | Turkey Breast w/gravy Mashed potatoes Green peas Cranberry sauce Pumpkin pie Dinner roll 2% Milk | BBQ sandwich Coleslaw Melon Baked potato chips 2%Milk | Baked Ziti Corn Tossed Salad wheat roll/margarine FF salad dressing juice 2%Milk | Asian chicken w/ veg Rice Pineapple tidbits Rice cupcake 2% Milk |
| 17 | 18 | 19 | 20 | 21 |
| COA CLOSED For Martin Luther King Jr. Day | Chicken Broccoli rice casserole Carrots Fruited gelatin Vanilla wafers Roll/ margarine 2%Milk | Pork loin w/ gravy Steamed Cabbage Black Eye Peas Cornbread Orange Slices 2%Milk | Hamburger on bun/Onions Coleslaw Apple Slices Baked Beans Juice 2%Milk | Chicken & Dumplings Baby Lima Beans Stewed Apples Fuited Yogurt Yeast Roll/ margarine 2%Milk |
| 24 | 25 | 26 | 27 | 28 |
| Baked Chicken w/gravy Glazed carrots Rice Bean Salad Cookies Juice 2% Milk | Chili Con Carne Apple salad Mandarin oranges Fig bar Corn Bread 2% Milk | Ham /Raisin Brown Sugar Steamed Cabbage Great Northern Beans Yeast roll/margarine Orange Slices 2% Milk | Chicken Fajitas Lettuce tom onions & peppers Rice Shredded cheese Banana 2% Milk | Sloppy Joe on bun Parsley potatoes Coleslaw Grapes Saltines 2%Milk |
| 31 | | | | |
| Turkey Pot Pie Baby lima beans Broccoli Salad Cupcake 2%Milk | | | | |