

Congregate Senior Nutrition Program

January 2025 – Menu

30 - Monday	31 – Tuesday	1 – Wednesday <u>NO LUNCH SERVED TODAY</u> NEW YEAR’S DAY	2 – Thursday Honey Dijon Pork Roasted Sweet Potatoes Italian Vegetable Blend Applesauce Bread Vanilla Wafers	3 – Friday Tuna Noodle Casserole OR Turkey Patty w/rice over gravy Seasoned Broccoli Seasoned Cauliflower Mixed Fruit Graham Crackers Bread
6 - Monday Salisbury Steak w/gravy Zucchini & Tomatoes Whipped Potatoes w/gravy Applesauce Graham Crackers CELEBRATE BDAYS! 	7 – Tuesday Swiss Chicken Casserole Seasoned Peas & Carrots Seasoned Red Beets Diced Peaches SF Vanilla Pudding	8 - Wednesday Pork Loin w/gravy Bread Dressing w/gravy Spinach w/ vinegar pk Kidney Bean Salad Pineapple Lorna Doones	9 – Thursday Veggie Frittata w/cheese Potatoes O'Brien Sausage Apricots Bread Smart Balance & Jelly	10 - Friday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Mixed Fruit SF Chocolate Pudding Bread
13 – Monday Mexican Chicken & Rice w/cheese Corn Broccoli Mandarin Oranges Graham Crackers Salsa & Sour Cream	14 – Tuesday Sloppy Joe Potatoes O'Brien Wax beans Tossed Salad w/Ranch Bun Pears Guest Speaker @ WDS – Jamie Reynolds, Help At Home	15 – Wednesday  Guest Speaker @ OX – Jamie Reynolds, Help At Home	16 – Thursday Tilapia OR Grilled Chicken Breast White Rice Garlic Green Beans Mixed Fruit SF Vanilla Pudding Guest Speaker @ SC – Jamie Reynolds, Help At Home	17 - Friday Ham & Beans Corn Bread California Blend Tossed Salad w/ Ranch Diced Peaches Bread
20 - Monday <u>NO LUNCH SERVED TODAY</u> MARTIN LUTHER KING, JR. BIRTHDAY	21 – Tuesday Chicken and Noodles Seasoned Corn Spinach w/ Vinegar pk Mandarines SF Chocolate Pudding	22 - Wednesday Meatloaf w/gravy Whipped Potatoes w/gravy Seasoned Wax Beans Baked Apples Lorna Doones Bread	23 - Thursday Shredded Pork w/homemade BBQ Baked Beans Broccoli Cole Slaw Applesauce Bun	24 - Friday Beef Pot Roast w/gravy Whipped Potatoes w/gravy California Blend Apricots Vanilla Wafers Bread
27 - Monday Beef and Egg Noodles w/gravy Prince Edward Blend Lima Beans Mixed Fruit Bread	28 – Tuesday Sloppy Joe Roasted Sweet Potatoes Seasoned Peas Bun Apricots SF Vanilla Pudding	29 – Wednesday Lemon Thyme Chicken Rice Pilaf Sliced Carrots Tossed Salad w/French Applesauce Bread	30 – Thursday Chicken Pot Pie Seasoned Broccoli Cauliflower Diced Peaches Graham Crackers - 2 packs	31 – Friday Honey Sriracha Pork Garlic Green Beans White Rice Diced Pears Angel Food Cake

**AQF desserts are diabetic-friendly treats for every palate. Our mixes are sugar free or no sugar added, trans fat free, low cholesterol, low sodium and a good source of fiber. SF – sugar free

All Meals served with 1% Milk/Tea/Water **The menu is subject to change**
SIGN UP 2 DAYS IN ADVANCE – 217-428-3459 / SUGGESTED DONATION \$4.00
(Full Price \$8.00)