

MENU SUBJECT TO CHANGE WITHOUT NOTICE

January 2014

WAYNE COUNTY SENIOR CITIZEN NUTRITION PROGRAM
HOT

MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
	Suggested Donation \$2.25	Meat Loaf w/tom sauce Country potatoes Mixed vegetables Corn bread Mandarin orange & pineapple Milk	Potato crusted fish Mac & cheese Broccoli & carrots Texas bread Fresh fruit Milk	Hamburger patty Lettuce/tomato Potato wedges Hamburger bun Hot spiced fruit Milk
MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10
Brunswick Stew Yellow rice Green beans Wheat roll Pineapple tidbits Milk	Spaghetti w/meat sauce Mixed vegetables Garlic texas bread Hot fruit cocktail Milk	HAPPY BIRTHDAY Honey mustard chicken Oven roasted potatoes Garlic spinach Wheat bread Fresh fruit Birthday cake SF cookie HDM only Milk	Pork w/supreme sauce Whipped potatoes Peas & carrots Corn bread Diced pears Milk	Chicken cacciatore Garlic & red pepper penne Italian vegetables Dinner roll Fresh banana Milk
MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17
Polish sausage Mixed beans Cabbage w/carrots Hot dog bun Glazed fruit Milk	Oven fried chicken Mashed yams Broccoli florets Dinner roll Oatmeal cookie Fresh fruit Milk	Sloppy joe Baked beans Coleslaw Hamburger bun Hot rosy applesauce Milk	Baked chicken w/Tarragon cream sauce Lyonnaisse potatoes Mixed vegetables Wheat bread Fresh banana Milk	Beef chili w/beans Southwest corn Tomato onion salad Saltine crackers Apple cobbler Milk
MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24
NO WORK Martin Luther King Day	Swedish meatballs Egg noodles Spinach Wheat roll Fresh fruit Milk	Mac & cheese Okra & tomatoes Green beans Corn bread Pineapple tidbits Milk	Beef soft taco Lettuce/tomato Pinto beans Flour tortilla Shredded cheese Fresh banana Milk	King ranch chicken Buttered rice Cabbage w/carrots Corn bread Mandarin oranges, Pineapple, apricots Milk
MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31
Turkey ham & w/beans Spinach Corn bread Hot applesauce w/apples Milk	Grilled chicken w/tomato basil sauce AuGratin rotini broccoli Texas bread Apple juice Milk	Pork tenderloin w/gravy Whipped potatoes Glazed carrots Wheat roll Tropical fruit Milk	BBQ chicken thigh Baked beans Mixed greens Wheat bread Fresh orange Milk	Beef jardinine Oven roasted potatoes Mixed vegetables Wheat bread Fresh banana Milk