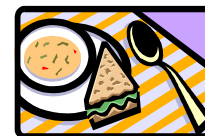




Nutrition Program – January 2012

Serving Time: 11:30am-12:15pm

Menu items subject to change



Suggested contribution of: \$2.50 for persons 60 and over and their spouses.

Lunch cost \$4.00 for anyone under the age of 60.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2 CSC CLOSED	January 3 ■ Meat Lasagna ■ Tossed Salad ■ Cauliflower ■ Italian Bread ■ Apricots	January 4 Cold Box Lunch ■ Turkey Sandwich ■ Fruit ■ Juice ■ Cookie ■ Milk	January 5 ■ Individual Meatloaf ■ Vegetable Gravy ■ Mashed Potatoes ■ Broccoli ■ Dinner Roll ■ Peaches	January 6 ■ Sloppy Joes ■ Vegetable Soup ■ Green Beans ■ Hamburger Bun ■ Fresh Orange
January 9 ■ Potato Crusted Tilapia w/ Tatar Sauce ■ Tossed Salad ■ Oriental Blend Vegetables ■ Wheat Bread ■ Pineapple	January 10 ■ BBQ Pulled Chicken ■ Coleslaw ■ Navy Bean Soup ■ Hamburger Bun ■ Peaches	January 11 ■ Ham Loaf w/ Pineapple Sauce ■ Mashed Sweet Potatoes ■ Spinach ■ Rye Bread ■ Fresh Orange	January 12 ■ Roast Beef Sandwich ■ Grape Juice ■ Potato Leek Soup ■ Shredded Lettuce ■ Tomato Slice ■ 12 Grain Bread ■ Fresh Apple	January 13 ■ Goulash w/ Ground Beef ■ Brussels Sprouts ■ Scandinavian Blend Vegetables ■ Wheat Bread ■ Petite Banana
January 16 CSC CLOSED	January 17 ■ Braised Pork Chop ■ Gravy ■ Mashed Potatoes ■ Peas ■ Dinner Roll ■ Fresh Orange	January 18 ■ Stuffed Pepper w/ Tomato Sauce ■ Beef Vegetable Soup ■ Italian Blend Vegetables ■ Wheat Bread ■ Petite Banana	January 19 ■ Macaroni & Cheese ■ Stewed Tomatoes ■ Green Beans ■ 12 Grain Bread ■ Pineapple	January 20 ■ Tuna Sandwich ■ Grape Juice ■ Chicken Gumbo ■ Shredded Lettuce ■ Tomato Slice ■ Rye Bread ■ Fresh Apple
January 23 ■ Vegetable Lasagna ■ Grape Juice ■ Tossed Salad ■ Italian Green Beans ■ Italian Bread ■ Mandarin Oranges	January 24 ■ Tuna Noodle Casserole ■ Tomato Florentine Soup ■ Apple Juice ■ 12 Grain Bread ■ Fruit Cocktail	January 25 ■ Spanish Rice w/ Ground Beef ■ Carrot Raisin Salad ■ Brussels Sprouts ■ Rye Bread ■ Fresh Apple	January 26 ■ Rosemary Oven Browned Chicken $\frac{1}{4}$ ■ Mexican Bean Soup ■ Mashed Winter Squash ■ Wheat Bread ■ Fresh Orange	January 27 ■ Braised Pork Chop ■ Scalloped Potatoes ■ Broccoli ■ Dinner Roll ■ Applesauce
January 30 ■ Italian Sausage w/ Peppers & Onions ■ Corn Chowder ■ Steamed Potatoes ■ Hot Dog Bun ■ Pineapple	January 31 ■ Meatballs ■ Pasta & Sauce ■ Tossed Salad ■ Wax Beans ■ Italian Bread ■ Fresh Orange	RESERVATION PROCEDURE <ul style="list-style-type: none"> You are now allowed to reserve your meal <u>2 weeks</u> in advance. The <u>latest</u> you can make your meal reservation is 10:00am the day before the meal is served. All meal cancellations <u>must</u> be made by 10:00am the day before the meal is served. Reservations must be made at the front desk or by calling 723-2425		

Medical Motors Transportation- Daily transportation to the center for seniors 55 and older is provided through Medical Motors for Greece residents for the Nutrition Program and Activities. There is a suggested donation of \$2.00. Pick-ups are between 8:00-9:00am, Mon-Fri. Returns are 12:15-2:45pm on Mon & Thurs, and 12:15-2:00pm on Tues, Wed & Fri. Every Tuesday there is a Special Shopping Trip and on Fridays a shopping trip to Wegmans. You must call 723-2425 at least 24 hours in advance to sign up for transportation. **PLEASE call 654-7030 before 8:00 am if you need to cancel on THE DAY you are scheduled to be picked up.**