

Apple of My Heart Nutrition Senior Lunch Menu January 2013

Monday	Tuesday	Wednesday	Thursday	Friday
	January 1 HAPPY NEW YEAR!!!! Agency Closed Service will Resume January 2, 2013	January 2 Egg Salad Whole wheat bread (2) Lentil soup Bell pepper slices Mandarin oranges	January 3 Oven Baked Chicken Oven Roasted potatoes Glazed Carrots Whole grain Roll Apple sauce	January 4 Ravioli/Meat sauce Bread stick Green Beans Salad w/ Tomato, Red Onion, Cheese & Dressing Pears in JELL-O
January 7 Baked Breaded Turkey Cutlet Mashed sweet potatoes Mixed vegetables Banana	January 8 Cheeseburger/whole grain bun Lettuce, tomato, onion Tater Tots Creamy Coleslaw Peaches	January 9 Pork chop and apples Brown Rice Peas and Carrots Pickled Beets	January 10 Beef tips and Gravy Whole wheat egg noodles Yellow Squash Seasoned spinach Fresh Orange	January 11 Chef Salad (meat, cheese, egg, tomato)/dressing Whole grain crackers Bean and Bacon Soup Tropical Fruit
January 14 Pineapple Baked Ham Parslied Potatoes Whole grain roll Brussel Sprouts Pineapple	January 15 Baked Cod Wild Rice Broccoli Marinated Cucumber salad Plums	January 16 Beef Stew with potatoes and carrots Biscuit Buttered Corn Baked Cinnamon Apples	January 17 Mexican Chicken Brown Rice Corn & Black Bean Salad Cherry Crisp	January 18 Chicken Salad Sandwich w/ Let & Tomato Carrot Sticks Pea Salad Mixed fruit
January 21 Martin Luther King's Birthday Agency Closed Service will Resume January 22, 2013	January 22 Hot Roast Beef on Kaiser Roll Mashed potatoes/gravy Broccoli salad Oranges	January 23 Meat Loaf Au Gratin Potatoes Cooked Cabbage Fruit Salad	January 24 Egg, spinach, cheese Quiche Texas Toast Pickled Beets Banana	January 25 Black Bean & Vegetable Soup Nacho Chips Cottage Cheese Salad w/ Tomato, Onion, Cheese & Dressing Mango
January 28 Chicken and dumplings Peas and carrots Bell pepper slices Mixed fruit	January 29 Spaghetti & Meatballs Italian vegetables Lettuce Salad -Tomato, Cucumber, Cheese & Dressing	January 30 Chili with meat and beans Whole grain crackers Green Beans Grape Salad	January 31 Salisbury steak Baked potato Broccoli/Cauliflower Pumpkin Pie	Suggested donation: \$3.00 However, no one requesting a meal will be denied meal service Milk is served with each meal

For Reservations, call 217-732-2159 ext.240