

January Menu



Well-being as we age

Homage Senior Services Congregate Nutrition Program Menu- Served from 12:00-12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED HAPPY NEWYEAR	Cheese Ravioli w/marinara & Parmesan Brussel Sprouts Garlic Bread	Stuffed Bell Peppers Steamed Rice Succotash Fresh Fruit	Vegetable Soup Grilled Chicken Sandwich w/ Lettuce and Tomato Sweet Potato Fries	Smothered Pork Chops Mashed Potatoes & Stuffing Sweet and Sour Cabbage Fresh Fruit
5 and fines con!	Peach Cup	Dinner Roll 10	Mixed Fruit	Fresh Fruit
Fish & Chips Coleslaw Corn Muffin Pears	Grilled Ham & Cheese Baked Potato Soup Carrots w/ranch cup Applesauce	Red Beans and Rice Bowl w/ Beef Sausage, Red Beans, Pepper, Onions & Rice Dinner Roll Fresh Fruit	Garden Burger w/lettuce & Tomato Tater Tots Pea and Cheese Salad Mandarin Oranges	Salisbury Steak Mashed Potatoes Green Beans Apricots Dinner Roll
15	16	17	18	19
CLOSED				
M.L.A. DAY	Chicken Pot Pie w/ Biscuit top Steamed Broccoli Pudding Fresh Fruit	Savory Bean Soup Tossed Salad Cornbread Applesauce Cookie	Dijon Chicken Orzo/peas Garden Salad Dinner Roll Pineapple	BBQ Pulled Pork Sandwich Coleslaw Potato Wedges Fresh Fruit
22	23	24	25	26
Peanut Chicken Sesame Noodles Stir Fry Vegetables Asian Slaw Pears	Spanish Omelet Roasted Potatoes Muffin Yogurt Cup Fruit Cup	Roast Beef & Swiss Cheese on Kaiser Roll Potato Wedges Broccoli Salad Applesauce	Spaghetti & Meatballs Steamed Broccoli Breadstick Garden Salad Mixed Fruit	Meatloaf Mashed Potatoes Steamed Carrots Peach Cup Dinner Roll
29	30	31		
Chicken Soft Taco w/ shredded lettuce, cheddar cheese, salsa & sour cream Spanish Rice Fiesta Salad	Sloppy Joes on a bun French Fries Pea & Cheese Salad	Lemon Pepper Pollock Rice Pilaf Spinach Salad Fresh Fruit		
Mandarin Oranges	Tropical Fruit	Dinner Roll		CREATED BY VECTORPORTAL_COM