



January 2017

"Congregate"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p align="right">2-Jan</p> <p>Never use oven to heat home. Have heaters/chimneys cleaned/ and inspected yearly Use correct fuel for space heaters Test smoke alarms monthly</p>	<p align="right">3-Jan</p> <p>Breakfast for Lunch Egg Omelet w/ Cheese Breakfast Sausage Breakfast Potatoes White Bread w/ Jelly Fresh Navel Orange</p>	<p align="right">4-Jan</p> <p>Chicken Marsala w/ Mushroom Blended Rice Broccoli Dinner Roll Tropical Fruit Salad</p>	<p align="right">5-Jan</p> <p>Stuffed Steak Bricole w/ Gravy Whipped Potatoes Sliced Carrots Dinner Roll Orange Gelatin</p>	<p align="right">6-Jan</p> <p>Breaded Fish Sandwich w/ Cheese Cheesy Bacon & Chive Potatoes Green Beans Sandwich Roll Pineapple & Oranges</p>	
<p align="right">9-Jan</p> <p>Pepper Steak w/ Peppers Onions & Gravy Parsley Noodles Baby Carrots Whole Wheat Bread Applesauce</p>	<p align="right">10-Jan</p> <p>Breaded Chicken Fillet Sandwich Lettuce, Slice Tomato Homemade Vegetable Soup Sandwich Roll, Crackers Pineapple Tidbits & Mandarin Oranges</p>	<p align="center">"January Birthday's" 11-Jan</p> <p>Oven Roasted Hot Beef w/ Gravy Baked Potato Sweet & Sour Coleslaw Whole Wheat Bread "Birthday Cupcake" (sour cream)</p>	<p align="right">12-Jan</p> <p>Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit (tartar sauce)</p>	<p align="right">13-Jan</p> <p> Hot Dog Whipped Potatoes Sauerkraut Hot Dog Bun Chocolate Brownie</p>	
<p align="center"> Martin Luther King Day Closed </p>	<p align="right">17-Jan</p> <p>Stuffed Pepper Cup w/ Tomato Sauce Whipped Potatoes Yellow Beans Whole Wheat Bread Diced Pears</p>	<p align="center">"Winter's Wonderful" 18-Jan</p> <p>Braised Swiss Steak w/ Mushroom Gravy Scalloped Potatoes Peas & Onions Garden Salad w/ Tomato Dinner Roll Peach Cobbler w/ Ice Cream</p>	<p align="right">19-Jan</p> <p>Italian Meatball Hoagie w/ Sauce & Cheese Seasoned New Potatoes Mixed Bean Medley Hoagie Bun Tapioca Pudding</p>	<p align="right">20-Jan</p> <p>Creamy Parmesan Garlic Chicken w/ Cream Sauce Penne Pasta Italian Vegetable Medley Garlic Bread Stick Warm Cinnamon Applesauce</p>	
<p align="right">23-Jan</p> <p>Baked Ham Slice w/ Fruit Sauce Orange Kissed Mashed Sweet Potatoes Brussel Sprouts Whole Wheat Bread Vanilla Ice Cream</p>	<p align="right">24-Jan</p> <p>BBQ Chicken Seasoned Red Potatoes Country Vegetable Blend Dinner Roll Sugar Cookie </p>	<p align="right">25-Jan</p> <p>Chili Mac w/ Cheddar Cheese Topping Mixed Greens w/ Tomato Carrots, Cabbage & Dress. Italian Bread Applesauce</p>	<p align="right">26-Jan</p> <p>Breaded Lemon Pepper Pollock Baked Potato w/ Sour Cream Garden Salad w/ Tomato Dinner Roll Sliced Peaches</p>	<p align="right">27-Jan</p> <p>Turkey & Swiss Sandwich Lettuce, Slice Tomato Cheesy Broccoli Soup w/ Crackers 2 Whole Wheat Bread Fresh Seasonal Fruit</p>	
<p align="right">30-Jan</p> <p>Meatloaf w/ Gravy Whipped Potatoes Italian Beans Whole Wheat Bread Banana Pudding Fluff</p>	<p align="right">31-Jan</p> <p>Baked Vegetable Lasagna w/ Parmesan Cream Sauce Mixed Greens w/ Tomato Carrots, Onions, Cabbage Garlic Bread Stick Sliced Apples</p>	<p> Happy New Year 2017 </p>			<p align="center"></p>

To Reserve a meal, Please call by 11:00 the day before to your local center or call Agency on Aging office 724-548-3290 or 800-368-1066
Reservations for the (Winter Wonderful Special) deadline is January 12th