

COUNCIL ON AGING ~ SENIOR NEIGHBORHOOD DINING MENU ~ JANUARY 2022

MONDAY JANUARY 3	TUESDAY JANUARY 4	WEDNESDAY JANUARY 5	THURSDAY JANUARY 6	FRIDAY JANUARY 7
<p><u>Roasted Pork Loin w/ Apple Glaze</u> Green Beans Cannellini Beans w/ Peppers & Onions Whole Wheat Roll Pineapple 2% Milk</p>	<p><u>Pasta & Marinara Meatballs</u> Broccoli Italian Vegetables Garlic Roll w/ Butter Cup Pears 2% Milk</p>	<p><u>Cobb Pasta Salad</u> Cucumber & Red Onion Salad Carrot & Raisin Salad Whole Grain Roll Orange-Pineapple Juice 2% Milk</p>	<p><u>Cheese Omelet</u> Peppers, Mushrooms, & Onions Breakfast Potatoes Whole Grain Bread Mandarin Oranges 2% Milk</p>	<p><u>Chicken Fajita w/ Peppers & Onions</u> Yellow Corn w/ Vegetables Pinto Beans Wheat Tortilla Butter Cup Seasonal Fresh Fruit 2% Milk</p>
JANUARY 10	JANUARY 11	JANUARY 12	JANUARY 13	JANUARY 14
<p><u>Salisbury Steak & Gravy</u> Country Vegetable Medley Cheese Grits Whole Grain Bread Orange-Pineapple Juice 2% Milk</p>	<p><u>Italian Chicken Pasta Salad</u> Three Bean Salad Cucumber & Red Onion Salad Whole Grain Bread Peaches 2% Milk</p>	<p><u>Stroganoff Casserole</u> Yellow Corn Winter Vegetable Medley Whole Grain Bread Birthday Cake Apple Juice 2% Milk Birthday Celebration</p>	<p><u>Tossed Salad w/ Ranch Dressing</u> Diced Chicken, Tomato & Shredded Cheese Beet & Onion Salad Whole Grain Bread w/ Butter Cup Pineapple 2% Milk</p>	<p><u>Hot Dog w/ Chili Topping</u> Green Beans Cauliflower & Red Peppers Whole Grain Hot Dog Bun Seasonal Fresh Fruit 2% Milk</p>
JANUARY 17	JANUARY 18	JANUARY 19	JANUARY 20	JANUARY 21
<p>CLOSED IN OBSERVANCE OF THE DR. MARTIN LUTHER KING HOLIDAY</p>	<p><u>Pulled Pork Sandwich</u> Baked Beans Steamed Cabbage Whole Grain Hamburger Bun Butter Cup Orange-Pineapple Juice 2% Milk</p>	<p><u>Chicken Alfredo</u> Green Peas Italian Beans Garlic Roll w/ Butter Cup Mandarin Oranges 2% Milk</p>	<p><u>Egg Salad</u> Tomato & Cucumber Salad Fresh Baby Carrots w/ Ranch Dressing Whole Grain Bread Pineapple 2% Milk</p>	<p><u>Smoked Sausage w/ Mustard</u> Black Eyed Peas Country Vegetable Medley Whole Grain Bread Seasoned Fresh Fruit 2% Milk</p>
JANUARY 24	JANUARY 25	JANUARY 26	JANUARY 27	JANUARY 28
<p><u>Cheese Omelet w/ Western Egg Sauce</u> Hot Spiced Applesauce Cheese Grits Whole Grain Bread 2% Milk</p>	<p><u>Tuna Salad</u> Potato Salad Carrot Raisin Salad Whole Grain Bread Orange Juice 2% Milk</p>	<p><u>Cheeseburger</u> Seasoned Skin-on Potatoes Green Beans Hamburger Bun Ketchup & Mustard Pears 2% Milk</p>	<p><u>Tossed Salad w/ French Dressing</u> Diced Chicken, Tomato & Shredded Cheese Three Bean Salad Whole Grain Bread w/ Butter Cup Pineapple 2% Milk</p>	<p><u>Chicken Thigh w/ Mushroom Gravy</u> Northern Beans w/ Peppers & Onions California Blend Vegetables Whole Grain Bread Seasoned Fresh Fruit 2% Milk</p>
JANUARY 31			 <p style="text-align: center;">VISIT OUR WEBSITE AT WWW.COAVOLUSIA.ORG</p>	<p style="color: red; font-size: 1.2em;">JANUARY 2022</p>  <p style="text-align: center;">MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>