

JANUARY 2020 MENU

Douglas County Senior Center

* Milk Served Daily

*Sliced WW Bread Available Daily Upon Request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED NEW YEAR'S DAY HOLIDAY	2 Beef Tacos Ranch Style Beans Mexicorn Tropical Fruit Cup	3 Honey Lemon Chicken Garlic & Red Pepper Penne Brussels Sprouts, Dinner Roll Garden Salad w/ Crmy Italian Drsg Grapes
6 Chicken Fried Steak Caesar Salad Mashed Potato & Gravy Brussels Sprouts Apricots & Cookies	7 Tuna Fish Casserole Colorful Salad FF LS French Dressing Mango Cubes WW Bread	8 <i>Birthday Day</i> <i>Fried Chicken</i> <i>Ambrosia Fruit Salad</i> <i>Au gratin Potatoes</i> <i>Green Peas</i> <i>Birthday Cake & Ice Cream</i>	9 Swedish Meatballs over Egg Noodles, Beet Salad ww Dinner Roll Carrots, Pineapple Juice Apple Crisp	10 Sweet & Sour Spareribs Brown Rice Carrots & Peas Tossed Calico Vegetable Salad w Honey Mustard Drsg. Apricot Halves
13 Roasted Pork Tenderloin Simmered Beans w/ Bacon Potato Salad Spring Salad w Tangy Yogurt Salad Dressing Honey Dijon Vegetables Tropical Fruit Cup	14 Chili w/ Beans Cheese & Onions Cottage Cheese & Pineapple V-8 Juice, Corn Bread Ice Cream Sandwich	15 Breaded Cod w/Tartar sauce Macaroni Salad Harvest Blend Rice Oregon Blend Vegetables Tomato Juice Jell-O w/ Fruit	16 Thin and Crispy Pizza Chef Salad GFY Dressing Broccoli Mixed Berry Cup	17 Green Chile Chicken Enchiladas Honey Lime Fruit Salad Lettuce, Tomato & Cheese, Refried Beans, Spanish Rice, Custard
20 CLOSED MARTIN LUTHER KING JR. DAY	21 Beef Pot Roast w/ Potato, Carrot, Celery & Onion w/ Roasted Beef Gravy, French Bread Romaine Swiss & Ls Bacon Salad, Fresh Strawberries Coconut Cream Pie	22 Honey Apricot Chicken Wild & Long Grain Rice California Blend Vegetables Whole Wheat Bread Fresh Orange Wedges	23 Crab Cakes w/Tartar Sauce Apple Cranberry Slaw Carrots Au gratin Roasted Red Potatoes Peach Paradise Cake	24 Delicious Beef Brisket Baked Potato FF Sour Cream & Chives Black- Eyed Peas Citrus Delight
27 LS Tomato Soup Lemon Baked Fish Steamed Peas & Carrots Honey Wheat Berry Bread w/Jam, Crisp Gingersnap Cookies, Spiced Applesauce	28 Santa Fe Chicken Aztec Grain Salad Mixed Vegetables Tossed Salad/Garlic French Drsg Mandarin Oranges	29 Roast Beef & Cheddar on Onion Bun w/Crinkle Cut Fries Broccoli Salad Pink Lemonade Fruit Cocktail Cup Peach Pie Ala Mode	30 BBQ Ribs Baked Beans Waldorf Salad Peas & Carotts Corn Bread Muffin Chocolate Eclairs	31 Portabella Mushroom Ravioli w/Pasta Sauce Mandarin Orange /Cashew Tossed Salad, Garlic Bread Italian Blend Veggies White Grape Juice Old Fashion Bread Pudding

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