

January 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We invite you to join us for lunch at the Guernsey County Senior Center, the Byesville, Cambridge Heights, Cumberland, Londonderry or Pleasant City sites. Lunch is served at 11:30—1:00.</p>	<p>1</p> <p>CLOSED</p> <p>Frozen Meals Available Upon Request</p>	<p>2</p> <p>Southwest Chicken w/ Salsa & Cheese over White Rice Buttered Potatoes Fiesta Corn 100% Fruit Juice Choice of Bread / Marg. Choice of Milk</p>	<p>3</p> <p>Chili Soup w/ Crackers Mustard Potato Salad Whole Beets Fruited Gelatin Cookies Cornbread / Marg. Choice of Milk</p>	<p>4</p> <p>Open Face Hot Turkey Sandwich w/ Gravy Mashed Potatoes Succotash Fresh Apple Cake w/ Icing Choice of Bread / Marg. Choice of Milk</p>
<p>7</p> <p>Pork Fritter w/ Gravy Diced Potatoes Peas Ambrosia Salad Choice of Bread / Marg. Choice of Milk</p>	<p>8</p> <p>Baked Pasta Casserole Zucchini Spiced Peaches Banana Garlic Bread / Marg. Choice of Milk</p>	<p>9</p> <p>Yankee Pot Roast Mashed Potatoes w/ Gravy Glazed Baby Carrots Fruit Cocktail Dinner Roll / Marg. Choice of Milk</p>	<p>10</p> <p>Creamed Chicken over Biscuit Broccoli Florets Cherry Crisp Grape Juice Choice of Milk</p>	<p>11</p> <p>Pepperoni & Sausage Pizza French Style Green Beans Cauliflower w/ Cheese Sauce Pears Honey Graham Crackers Choice of Milk</p>
<p>14</p> <p>Creamy Three Cheese Macaroni Stewed Tomatoes Spinach Fresh Fruit Blueberry Muffin / Marg. Choice of Milk</p>	<p>15</p> <p>Italian Marinated Chicken Breast Roasted Garlic & Rosemary Potatoes Green Beans Chunky Cinnamon Applesauce Choice of Bread / Marg. Choice of Milk</p>	<p>16</p> <p>Fish Sticks w/ Tarter Sauce Hash Brown Casserole Garden Blend Vegetables Cranberry Juice Choice of Bread / Marg. Choice of Milk</p>	<p>17</p> <p>Meatloaf Smashed Yukon Gold Potatoes Mixed Vegetables Plums Choice of Bread / Marg. Choice of Milk</p>	<p>18</p> <p>Ham Chowder w/ Crackers Lime Gelatin Cabbage Salad Raisins Fresh Orange Chocolate Pudding Choice of Milk</p>
<p>21</p> <p>CLOSED</p> <p>Frozen Meals Available Upon Request</p>	<p>22</p> <p>Thyme Roasted Pork Loin Au Gratin Potatoes Brussels Sprouts Orange Juice Choice of Bread / Marg. Choice of Milk</p>	<p>23</p> <p>Spaghetti w/ Italian Meatballs Tossed Salad / Dressing Lima Beans Pears Choice of Bread / Marg. Choice of Milk</p>	<p>24</p> <p>Beef Barley Soup w/ Crackers Carrot Raisin Salad Pineapple Tidbits 100% Fruit Juice Buttermilk Biscuit / Marg. Choice of Milk</p>	<p>25</p> <p>Curried Honey Mustard Chicken Buttered Red Potatoes Corn Fresh Apple Choice of Bread / Marg. Choice of Milk</p>
<p>28</p> <p>Roast Beef & Kluski Noodles Mashed Potatoes Mixed Vegetables Fresh Orange Choice of Bread / Marg. Choice of Milk</p>	<p>29</p> <p>Cheeseburger w/ Bun, Pickles, Tomato & Mayonnaise Boston Baked Beans Peaches Grape Juice Cookies Choice of Milk</p>	<p>30</p> <p>Rotisserie Baked Chicken Quarter Parsley Potatoes Creamed Peas Tropical Fruit Salad Choice of Bread / Marg. Choice of Milk</p>	<p>31</p> <p>Southern Glazed Pork Roast Diced Potatoes O'Brien Seasoned Cabbage Banana Choice of Bread / Marg. Choice of Milk</p>	<p>If you have any questions about our nutrition services please call Hollia Husk, Nutrition Supervisor at 740-439-5717 or toll free at 1-866-534-2349. Each meal includes a choice of white, wheat, or specified bread and a choice of 2% or Skim Milk.</p>