

January 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED Frozen Meals Available Upon Request	2 Pulled Beef Roast w/ Onion Gravy Smashed Red Potatoes Creamed Corn Plums Choice of Bread / Marg. Choice of Milk	3 Baked Parmesan Chicken over Spaghetti Tossed Salad / Dressing Broccoli Florets Cranberry Juice Garlic Breadstick / Marg. Cake w/ Icing Choice of Milk	4 Glazed Meatloaf Scalloped Potatoes Butter Beans Fruited Gelatin Dinner Roll / Marg. Choice of Milk	5 Pork Fritter w/ Gravy Parsley Potatoes Spinach Applesauce Chocolate Pudding Choice of Bread / Marg. Choice of Milk
8 Cheese Ravioli w/ Meat Sauce Cauliflower Stewed Apples & Cranberries 100% Fruit Juice Choice of Bread / Marg. Choice of Milk	9 Marinated Sliced Flank Steak Hash Brown Casserole Peas Pineapple Tidbits Choice of Bread / Marg. Choice of Milk	10 Country Fried Steak w/ Gravy Dutch Potatoes French Style Green Beans Grape Juice Choice of Bread / Marg. Choice of Milk	11 Loaded Potato Soup Ham Salad w/ Bun Mandarin Oranges Banana Shortbread Cookies Choice of Milk	12 Honey Dijon Chicken Breast Diced Potatoes Mixed Vegetables Fresh Apple Frosted Cupcake Choice of Bread / Marg. Choice of Milk
15 CLOSED Frozen Meals Available Upon Request	16 Cabbage Rolls Mashed Potatoes Peas & Carrots Cranberry Juice Dinner Roll / Marg. Choice of Milk	17 Beef Stew w/ Vegetables Wax Beans Peaches Fresh Orange Buttermilk Biscuit / Marg. Choice of Milk	18 Rotisserie Baked Chicken Buttered Potatoes Brussels Sprouts 100% Fruit Juice Corn Bread / Marg. Choice of Milk	19 Baked Rotini Casserole Tossed Salad / Dressing California Blend Vegetables Raisins Cookies Garlic Breadstick / Marg. Choice of Milk
22 Italian Sausage w/ Peppers & Onions Diced Potatoes Spanish Green Beans 100% Fruit Juice Choice of Bread / Marg. Choice of Milk	23 Roasted Turkey & Kluski Noo- dles Mixed Vegetables Blueberry Cobbler Banana Choice of Bread / Marg. Choice of Milk	24 Baked Cubed Steak Mashed Potatoes w/ Gravy Parsley Baby Carrots Cinnamon Applesauce Choice of Bread / Marg. Choice of Milk	25 Stuffed Pepper Soup w/ Crackers Whole Beets Fruit Cocktail Fresh Apple Blueberry Muffin / Marg. Choice of Milk	26 Philly Cheese Steak Sandwich on Hoagie Bun Potato & Cheese Pierogis Broccoli Florets Pineapple Tidbits Brownie Orange Juice Choice of Milk
29 Breaded Chicken Fillet w/ Lettuce, Tomato, Mayonnaise & Bun Buttered Potatoes Boston Baked Beans Apple Juice Chocolate Pudding Choice of Milk	30 Cornmeal Breaded Pollock w/ Tarter Sauce Au Gratin Potatoes Spiced Pears Cole Slaw Choice of Bread / Marg. Choice of Milk	31 BBQ Beef Ribs Baked Potato w/ Sour Cream Succotash Apricots Choice of Bread / Marg. Choice of Milk	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. 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.	