

# JANUARY 2019 LUNCH MENU

## PEACE, INC. SENIOR NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>NEW YEAR'S EVE</b>	<b>1</b> <b>NEW YEAR'S DAY</b> <b>SENIOR CENTER</b> <b>CLOSED</b>	<b>2</b> SWEDISH STYLE MEATBALLS OVER PARSLIED EGG NOODLES CALIFORNIA BLEND VEGETABLES FRESH ORANGE	<b>3</b> ROAST PORK AND GRAVY EGG NOODLES MIXED VEGETABLES COOKIE
<b>7</b> OVEN ROASTED TURKEY SAGE GRAVY HOME STYLE MASHED POTATOES GLAZED BABY CARROTS JUICY DICED PEARS FRESH BAKED WHOLE WHEAT ROLL	<b>8</b> SLOPPY JOE ON A KAISER ROLL NEW POTATOES OVEN ROASTED BRUSSEL SPROUTS JUICY DICED PEACHES	<b>9</b> SWEET AND SOUR SHREDDED PORK SERVED OVER SESAME RICE ORIENTAL BLENDED VEGETABLES TROPICAL FRUIT	<b>10</b> BONELESS CHICKEN CACCIATORE SERVED OVER WHOLE GRAIN PENNE RIGATE PASTA FRESH SPINACH SALAD LEMON ITALIAN ICE CRUSTY ITALIAN BREAD
<b>14</b> ALL AMERICAN CHEESE BURGER SEASONED POTATO WEDGES BLENDED VEGETABLE SLAW JOHNNY'S APPLE COBBLER	<b>15</b> SOUTH WESTERN STYLE GRILLED CHICKEN CHUCKWAGON CORN OVEN ROASTED RED SKIN POTATOES MANDARIN ORANGES	<b>16</b> GLAZED HAM SWEET POTATOES WITH CINNAMON PECAN CRUNCH SPINACH FRESH SLICED HONEYDEW	<b>17</b> HOME MADE OLD FASHIONED MEATLOAF W/ MUSHROOM GRAVY GARLIC RED SKIN SMASHED POTATOES STEAMED BROCCOLI FLORETS FRUIT COCKTAIL CUP
<b>21</b> <b>SENIOR CENTER CLOSED</b> <b>MARTIN LUTHER KING DAY</b>	<b>22</b> SLICED HAM AND PROVOLONE ON A WHOLE WHEAT KAISER SERVED WITH A HONEY MUSTARD TOPPING GREENS AND BEANS SOUP RAINBOW SHERBET	<b>23</b> BEEF CHILI CON CARNE ROMAINE AND MANDARIN ORANGE SALAD FRUIT COCKTAIL HONEY CORN BREAD MUFFIN	<b>24</b> SALT CITY FRIED CHICKEN BLACK BEANS AND RICE COUNTRY BLEND VEGETABLES JUICY DICED PEARS
<b>28</b> MEAT LASAGNA MARINARA SAUCE CITRUS TOSSED SALAD WITH POPPY SEED DRESSING HONEYDEW MELON CRUSTY ITALIAN BREAD	<b>29</b> SLOW COOKED PORK AND GRAVY HOME STYLE MASHED POTATOES FOUR WAY MIXED VEGETABLES APPLESAUCE	<b>30</b> CRANBERRY WALNUT CHICKEN SALAD SERVED ON A CROISSANT CHUNKY TOMATO FLORENTINE SOUP PINEAPPLE TIDBITS	<b>31</b> BEEF BOURGUIGNON SERVED OVER BUTTER EGG NOODLES LEMON GARLIC GREEN BEANS FRESH STRAWBERRIES WITH WHIPPED TOPPING FRESH BAKED WHOLE WHEAT DINNER ROLL

RESERVATIONS: CALL THE LUNCH LINE @315-469-3259 LUNCH IS SERVED AT NOON 60+ SENIORS... \$3.00 GUESTS UNDER 60... \$6.00

LUNCH RESERVATIONS SHOULD BE IN BY 12:30 PM THURSDAY FOR THE FOLLOWING WEEK.