



# January 2017



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Closed in Observance of New Year</b> 	Grilled Salmon Island Blend Veggies Wild Rice Fresh Fruit	Grilled Pork Chops Honey Carrots Steamed Cabbage Baked Apple	Turkey Burger California Blend Veggies Sweet Potato Fries Pineapple & Strawberry OR Soup/Salad Bar	Meatloaf Whipped Potato w/ Gravy Country Veggies Cantaloupe
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Baked Ham Sweet Potato Island Veggies Apricot	Beef Stew w/ Veggies Spinach Mixed Berries Cobbler	Oven Fried Chicken Whipped Potato Corn on the Cob Pineapple	Bean Tostada Spanish Rice Mexi Corn Peaches OR Soup/Salad Bar	<b>50's Party</b> Pattie Melt Fries Mac N Cheese Banana Pudding 
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Closed Martin Luther King Day</b> 	Grilled Chicken Breast Brussel Sprouts Rosemary Red Potatoes Mango	Veggie Lasagna Garden Salad Carrots Fruit Cocktail Garlic Toast	Roast Turkey Whipped Potato Spinach Salad Pineapple OR Soup/Salad Bar	Baked Lemon Pepper Cod Island Veggies Grilled Peppers Rice Pilaf Fresh Fruit in Season
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Cheeseburger Baked Fries w/Skins Chef's Choice Veggies Apricots	Cheese Enchilada w/ Red Sauce Carrots Beans Spanish Rice Grapes	Oven Fried Fish Cole Slaw Peas Corn Bread Strawberries	Grilled Ham N Cheese Lattice Cut Fries w/ Skins Winter Blend Veggies Fruit Salad OR Soup/Salad Bar	Lemon Pepper Chicken Capri Mixed Veggies Potatoes Au Gratin Banana
<b>30</b>	<b>31</b>			
Green Chili Pork Burrito Fiesta Corn Spanish Rice Mango	Chef Salad 3 Bean Salad Peaches & Cottage Cheese	<b>Bread and Milk Served with Every Meal</b>		<b>Please Call 623-979-3570 For Reservations</b>

Lunch is served Monday - Friday at 11:45 a.m. for adults 60 years and older. A \$3.50 (\$5.00 for those younger than 60) contribution is requested to help offset food costs. The cost of the meal is done on a contribution basis so that each of you can pay what is within your financial reach. If you cannot afford the total amount, any amount that you can afford is satisfactory. Each participant is requested to follow these guidelines. By doing so we all benefit.

Thanks, your Senior Center Staff and Site Council