

# Davidson County Senior Services

## Nutrition Program Menu

### January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p style="text-align: center;"><b>CLOSED</b></p> <p><b>NEW YEAR'S DAY</b></p>	<p><b>3</b></p> <p>Hamburger Steak w/Mushroom Gravy Mashed Potatoes Broccoli Casserole Sliced Peaches Dinner Roll Milk</p>	<p><b>4</b></p> <p>Stew Beef w/Gravy Rice Mixed Greens Orange Juice Wheat Roll Fruited Gelatin Milk</p>	<p><b>5</b></p> <p>Chicken Filet Baked Beans Lettuce &amp; Tomato Slices Applesauce Bun Milk</p>	<p><b>6</b></p> <p>Beef Stroganoff Egg Noodles Green Beans Hot Harvard Beets Pears Wheat Roll Milk</p>
<p><b>9</b></p> <p>Grilled Pork Cutlet w/Gravy Sauerkraut Hot Sliced Apples Cheese Grits Lime Gelatin Wheat Roll Milk</p>	<p><b>10</b></p> <p>Fried Fish Filet w/Tartar Sauce Okra &amp; Tomatoes Macaroni &amp; Cheese Mixed Fruit Cornbread Milk</p>	<p><b>11</b></p> <p>Baked Chicken w/Gravy Mixed Greens Scalloped Sweet Potatoes Apple Juice White Cake w/Chocolate Icing Dinner Roll Milk</p>	<p><b>12</b></p> <p>Spaghetti &amp; Meat Sauce Green Beans Tossed Salad w/Ranch Dressing Garlic Bread Pears Milk</p>	<p><b>13</b></p> <p>Turkey Sandwich Vegetable Beef Soup Crackers Orange Juice Lemon Pudding Whole Wheat Slice Bread Milk</p>
<p><b>16</b></p> <p style="text-align: center;"><b>CLOSED</b></p> <p><b>MARTIN LUTHER KING HOLIDAY</b></p>	<p><b>17</b></p> <p>Meatloaf w/Tomato Sauce Whipped Potatoes Broccoli Casserole Orange Juice Whole Wheat Roll Milk</p>	<p><b>18</b></p> <p>Beef Stroganoff Egg Noodles Peas &amp; Carrots Pears Dinner Roll Chocolate Pudding Milk</p>	<p><b>19</b></p> <p>Oven Fried Chicken Breast w/Gravy Rice Spinach Cornbread Apple Juice Milk</p>	<p><b>20</b></p> <p>Barbecued Boneless Pork Rib Lima Beans Corn Fruit Cocktail Dinner Roll Banana Pudding Milk</p>
<p><b>23</b></p> <p>Beef Stew w/Mixed Vegetables Rice Hot Harvard Beets Peaches Dinner Roll Lemon Pudding Milk</p>	<p><b>24</b></p> <p>Chopped Beef Barbecue Oven Roasted Cheesy Potatoes Coleslaw Bun Applesauce Milk</p>	<p><b>25</b></p> <p>Pinto Bean Turnip Greens Macaroni &amp; Cheese Cornbread Orange Juice Milk</p>	<p><b>26</b></p> <p>Cube Steak w/Gravy Whipped Potatoes Green Beans Fruit Cocktail Dinner Roll Milk</p>	<p><b>27</b></p> <p>Baked Chicken Broccoli &amp; Cauliflower Medley Black-eyed Peas Apple Juice Whole Wheat Roll Sugar Cookies Milk</p>
<p><b>30</b></p> <p>Lasagna Tossed Salad w/Ranch Dressing Orange Juice Apple Cobbler Garlic Bread Milk</p>	<p><b>31</b></p> <p>Chicken &amp; Dumplings Buttered Carrots Mixed Fruit Cornbread Milk</p>			

**Menu substitutes may occasionally have to be made of equal nutritional value.**