



January 2017
"Distant Congregate"



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Jan Never use oven to heat home. Have heaters/chimneys cleaned/ and inspected yearly Use correct fuel for space heaters Test smoke alarms monthly	3-Jan Breakfast for Lunch Egg Omelet w/ Cheese Breakfast Sausage Breakfast Potatoes White Bread w/ Jelly Fresh Navel Orange	4-Jan Chicken Marsala w/ Mushroom Blended Rice Broccoli Dinner Roll Tropical Fruit Salad	5-Jan Stuffed Steak Bricole w/ Gravy Whipped Potatoes Sliced Carrots Dinner Roll Orange Gelatin	6-Jan Breaded Fish Sandwich w/ Cheese Cheesy Bacon & Chive Potatoes Green Beans Sandwich Roll Pineapple & Oranges
9-Jan Pepper Steak w/ Peppers Onions & Gravy Parsley Noodles Baby Carrots Whole Wheat Bread Applesauce	10-Jan Breaded Chicken Fillet Sandwich Lettuce, Slice Tomato Homemade Vegetable Soup Sandwich Roll, Crackers Pineapple Tidbits & Mandarin Oranges	11-Jan Oven Roasted Hot Beef w/ Gravy Baked Potato Sweet & Sour Coleslaw Whole Wheat Bread (sour cream)	12-Jan "January Birthday's" Potato Crusted Fish Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread Fresh Seasonal Fruit "Birthday Cupcake" (tartar sauce)	13-Jan  Hot Dog Whipped Potatoes Sauerkraut Hot Dog Bun Chocolate Brownie
 Martin Luther King Day 	17-Jan Stuffed Pepper Cup w/ Tomato Sauce Whipped Potatoes Yellow Beans Whole Wheat Bread Diced Pears	18-Jan Italian Meatball Hoagie w/ Sauce & Cheese Seasoned New Potatoes Mixed Bean Medley Hoagie Bun Tapioca Pudding	19-Jan "Winter's Wonderful" Braised Swiss Steak w/ Mushroom Gravy Scalloped Potatoes Peas & Onions Garden Salad w/ Tomato Dinner Roll Peach Cobbler w/ Ice Cream	20-Jan Creamy Parmesan Garlic Chicken w/ Cream Sauce Penne Pasta Italian Vegetable Medley Garlic Bread Stick Warm Cinnamon Applesauce
23-Jan Baked Ham Slice w/ Fruit Sauce Orange Kissed Mashed Sweet Potatoes Brussel Sprouts Whole Wheat Bread Vanilla Ice Cream	24-Jan BBQ Chicken Seasoned Red Potatoes Country Vegetable Blend Dinner Roll Sugar Cookie 	25-Jan Chili Mac w/ Cheddar Cheese Topping Mixed Greens w/ Tomato Carrots, Cabbage & Dress. Italian Bread Applesauce	26-Jan Breaded Lemon Pepper Pollock Baked Potato w/ Sour Cream Garden Salad w/ Tomato Dinner Roll Sliced Peaches	27-Jan Turkey & Swiss Sandwich Lettuce, Slice Tomato Cheesy Broccoli Soup w/ Crackers 2 Whole Wheat Bread Fresh Seasonal Fruit
30-Jan Meatloaf w/ Gravy Whipped Potatoes Italian Beans Whole Wheat Bread Banana Pudding Fluff 	31-Jan Baked Vegetable Lasagna w/ Parmesan Cream Sauce Mixed Greens w/ Tomato Carrots, Onions, Cabbage Garlic Bread Stick Sliced Apples			

To Reserve a meal, Please call by 11:00 the day before to your local center or call Agency on Aging office 724-548-3290 or 800-368-1066
 Reservations for the (Winter Wonderful Special) deadline is January 12th