

# Council on Aging January 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
7	1	2	3	4
	COA Closed For New Years Day	Turkey Hotdog w chili Coleslaw Corn chowder Angel food cake w/fruit 2%Milk	Hamburger Steak w/gravy Vegetable Noodles Chocolate Chip Cookie Juice 2%Milk	Tuna Salad Sandwich/ lettuce/ Tom Vegetable beef soup Crackers Orange Juice 2%Milk
7	8	9	10	11
Chili Beans Zucchini Onions Cinnamon Applesauce Corn Bread /marg/jelly Crackers 2%Milk	Turkey with Gravy Green beans Sweet Potatoes Biscuit/marg /jelly Cake 2%Milk	Beef Ravioli Tossed salad with tom Tuscan blend vegetables Garlic Bread Stick /marg Orange Parmesan cheese Orange 2%Milk	Chicken Alfredo Carrots Field & snap peas Cheesy garlic biscuit Brownie 2%Milk	Salmon Sandwich Coleslaw Baby baker potatoes Fruit cobbler Juice 2%Milk
14	15	16	17	18
Beans Managers Choice Greens Mac& Cheese Pears Corn Bread/ marg Oatmeal Cookie 2%Milk	Sweet & Sour Chicken Rice Egg roll Yogurt Fig Bar Juice 2%Milk	Breaded Fish wedge Green Peas Potatoes Macaroni Salad Muffin Fruit 2%Milk	Spaghetti Green Beans Garlic Bread Stick Banana Parmesan Cheese Juice 2%Milk	Broccoli Cheese Soup Chicken Caesar Salad w/ tom Crackers Pound Cake Salad dressing Juice 2%Milk
21	22	23	24	25
COA Closed for Martin Luther King Jr. Day	Hamburger on Bun Lettuce/ Tom/ Onion Tater Tot Casserole Yogurt Fig Bar Juice 2% Milk	BBQ Sandwich Parsley Potatoes Cinnamon Applesauce Vanilla wafers 2%Milk	Beef Mac & Cheese Lima Beans Roll Orange 2% Milk	Chicken & Dumplings Green Beans Sweet Potatoes Biscuit Brownie 2% Milk
28	29	30	31	
BBQ Chicken Squash Carrots Roll/jelly Graham Crackers yogurt 2%Milk	Lasagna Mix Vegetables Garlic Bread Stick Jello Oatmeal Cookie Juice 2% Milk	Stir Fry w/ cabbage chicken Rice Fruit Cookie Egg roll 2%Milk	Sloppy Joe Sandwich Baby Bakers Potatoes Coleslaw Peaches 2%Milk	Call the day before to order Senior Meal of the Day Guest \$5.50 Eat InTake Out 919-542-4512 Alan 919-742-3975 Teresa or Fred