

# OGDEN SENIOR CENTER NUTRITIONAL MENU January-18

<u>MONDAY</u>	1	<u>WEDNESDAY</u>	3	<u>FRIDAY</u>	5
<b>ABVI CLOSED NO MEALS SERVED</b>		Braised Pork Chop & Gravy Au Gratin Potato Winter Squash Pumpernickel Bread Oatmeal Raisin Cookie Kiwi		Beef Stew over Biscuit Grape Juice Tossed Salad w/Ranch Dressing Pears	
Meat Lasagna Green Peas California Blend Vegetables Italian Bread Apricots	8	Macaroni & Cheese Stewed Tomatoes & Zucchini Green Beans 12-Grain Bread Pineapple	10	Sweet & Sour Pork over Brown Rice Oriental Blend Vegetables Wax Beans Dinner Roll Fresh Apple	12
<b>Martin Luther King Day</b>	15	Pub Burger w/Catsup, Mustard, Relish, Onion, Lettuce, & Tomato Chicken Gumbo Fruit Cocktail	17	Rosemary Oven Brownd 1/4 Chicken Cabbage Beef Soup Winter Squash Pumpernickel Bread Peaches	19
Stuffed Pepper Tuscany Blend Vegetables Corn Marble Rye Bread Pineapple	22	Breaded Haddock w/Tartar Sauce Coleslaw w/o Pineapple Mixed Vegetables Wheat Bread Petite Banana	24	Individual Meat Loaf w/Vegetable Gravy Mashed Potatoes Scandanavian Blend Vegetables Rye Bread Pears	26
Italian Sausage w/Peppers, Onions Steamed Potatoes Wax Beans Madarin Oranges	29	Chicken Stuffed w/Broccoli & Cheese Mashed Potatoes & Gravy Malibu Blend Vegetables 12-Grain Bread Apricots  <b>32 cupcakes</b>	31	All meals served with milk, bread, and butter. Soup served with crackers.	



Monroe County Dept of HS/Office for the Aging

No person shall be denied benefits or subjected to discrimination under any program or activity receiving Federal Assistance on grounds of race, color, sex, religion, national origin, disability, or marital status. This program is funded by participants' contributions U.S. Administration of Aging, N.Y. State Office for the Aging, N.Y. State Dept. of Health, and Monroe County Dept. of HS/Office for the Aging.