

OGDEN SENIOR CENTER NUTRITIONAL MENU January-19

MONDAY	WEDNESDAY	FRIDAY
4	2	4
HAPPY NEW YEAR	Swiss Steak Mashed Potatoes Spinach Lentil Soup Dinner Roll Mandarin Oranges	Country Captain Fish served over Brown Rice Minestrone Tossed Lettuce Salad w/Italian Dressing Wheat Bread Peaches
7	9	11
Chicken Cordon Bleu Spanish-style Lima Beans Carrots 12-Grain Bread Fruit Cocktail	Beef Stew over Biscuit Cauliflower Corn Fresh Apple	Ground Beef Corn Tortilla Tacos w/Shredded Cheese, Tomato, Salsa, & Sour Cream Southwestern Chicken Soup Pears
14	16	18
Swedish Meatballs over Brown Rice Mixed Vegetables Spinach Marble Rye Bread Peaches	Fish Sticks with Tartar Sauce Coleslaw Peas Corn Tortillas Pineapple	Broccoli Cheese Quiche Tossed Lettuce Salad w/French Dressing Green Beans 12-Grain Bread Mandarin Oranges
21	23	25
<i>Martin Luther King Day</i> Chicken ala King over Warm Biscuit Carrots Brussel Sprouts Pears	Black Bean Lentil Chili w/Sour Cream Tossed Lettuce Salad w/Ranch Dressing Corn Muffin Fresh Apple <p style="text-align: center;">32 cupcakes</p>	Vegetables w/Pork, Chinese Style served over Brown Rice Broccoli Dinner Roll Pineapple
28	30	30
Breaded Haddock w/Tartar Sauce Mashed Potatoes Broccoli Wheat Bread Apricots	Braised Pork Chop with Gravy Warm Applesauce Scalloped Potatoes Brussel Sprouts Wheat Dinner Roll Oatmeal Raisen Cookie	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.