

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p align="center">CLOSED NEW YEAR'S HOLIDAY</p>	<p>2</p> <p>2 CHEESE STUFFED SHELLS 4 OZ TOMATO SAUCE 4 OZ WINTER BLEND VEG 4 OZ PINEAPPLE</p>	<p>3</p> <p align="center">Senior Center Closed</p>	<p>4</p> <p>8 OZ CHILI 4 OZ MIXED VEGETABLES 1 CORN MUFFIN 1 APPLE</p>	<p>5</p> <p align="center">Senior Center Closed</p>
<p>8</p> <p>3 OZ BREADED TILAPIA 4 OZ SWEET POTATOES 4 OZ SPINACH 4 OZ MANDARIN ORANGES</p>	<p>9</p> <p>AMERICAN CHOP SUEY 6 OZ ELBOW NOODLES 4 OZ BOLOGNES SAUCE 4 OZ MIXED VEGETABLES 1 CORNBREAD MUFFIN 4 OZ MANDARIN ORANGES</p>	<p>10</p> <p align="center">Senior Center Closed</p>	<p>11</p> <p>3 OZ PORK ROAST 3 OZ APPLE SAGE STUFFING 4 OZ SWEET POTATOES 4 OZ BRUSSELS SPROUTS 4 OZ APPLE SAUCE 1 OATMEAL RAISIN COOKIE</p>	<p>12</p> <p align="center">Senior Center Closed</p>
<p>15</p> <p align="center">CLOSED MARTIN LUTHER KING DAY</p>	<p>16</p> <p>3 OZ SALMON 2 OZ CRANBERRY GLAZE 4 OZ ROASTED POTATOES 4 OZ VEGETABLE BLEND 4 OZ PINEAPPLE</p>	<p>17</p> <p align="center">Senior Center Closed</p>	<p>18</p> <p>6 OZ BAKED ZITI 8 OZ CALI BLEND VEG 1 BREAD STICK 4 OZ MANDARIN ORANGES</p>	<p>19</p> <p align="center">Senior Center Closed</p>
<p>22</p> <p>3 OZ SALISBURY STEAK 2 OZ GRAVY 4 OZ MASHED POTATOES 4 OZ GREEN BEANS 4 OZ CHOCOLATE PUDDING 4 OZ FRUIT JUICE</p>	<p>23</p> <p>3 OZ CHICKEN DIVAN 4 OZ RICE PILAF 4 OZ SONOMA BLEND VEG 4 OZ PEARS</p>	<p>24</p> <p align="center">Senior Center Closed</p>	<p>25</p> <p>3 OZ BAKED COD 2 OZ LEMON SAUCE 4 OZ ROASTED POTATOES 4 OZ SONOMA BLEND VEG 4 OZ PINEAPPLE</p>	<p>26</p> <p align="center">Senior Center Closed</p>
<p>29</p> <p align="center">PIZZA AND A MOVIE MOVIE "Oppenheimer"</p>	<p>30</p> <p>3 OZ SWISS STEAK 2 OZ TOMATO GRAVY 4 OZ MASHED POTATOES 4 OZ CARROT COINS 4 OZ FRUIT COCKTAIL</p>	<p>31</p> <p align="center">Senior Center Closed</p> <p align="center"><u>BELOW IS LUNCH FOR OUR FIELD TRIP TO THE ESTUARY</u></p> <p>BIRTHDAY LUNCHEON 3 OZ CHICKEN PARMESAN 4 OZ PENNE NOODLES 4 OZ ITALIAN BLEND VEG 1 GARLIC KNOT 4 OZ FRUIT JUICE 1 SLICE BIRTHDAY CAKE</p>		

(Menu subject to change without notice)

**RESERVATIONS AND CANCELLATIONS FOR CONGREGATE DINING NEED TO BE MADE 24 HRS IN ADVANCE
BY CALLING THE ESTUARY OFFICE AT 860-388-1611 X216 BEFORE 11:00A.M.
HOMEBOUND CLIENTS CAN CALL LAURA AT 860-388-1611 X217**

THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY LAURA ROBBINS, RDN

8 oz. – 1% milk

Multi-grain breads are served with each meal unless noted above

Condiments are served as posted