


January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>Happy New Year!!! CLOSED</p>	<p>2</p> <p>Philly Cheesesteak Bake Parslied Cauliflower Cinnamon Pears</p>	<p>3</p> <p>BBQ Chicken Breast Baked Beans Carrots w/Ranch Peaches</p>	<p>4</p> <p>Spaghetti w/Meat Sauce Broccoli Garlic Bread Strawberries Chocolate Cake</p>	<p>5</p> <p>Salmon Loaf Wild Rice Pilaf w/Almonds Seasoned Vegetables Mandarin Oranges Smores Pudding</p>
<p>8</p> <p>Pepper Steak Rice Glazed Carrots Banana</p>	<p>9</p> <p>Swedish Meatloaf Mashed Potatoes Beets in Orange Sauce Apricots Apple Cobbler</p>	<p>10</p> <p>Herbed Baked Fish Mashed Sweet Potatoes Coleslaw Pasta Salad Pineapple</p>	<p>11</p> <p>Lemon Garlic Pork over Potatoes Green Beans w/ Pearl Onions Fruit Cocktail</p>	<p>12</p> <p>Taco Soup Mediterranean Chicken Salad Crackers Fruited Jello</p>
<p>15</p> <p>3 Bean Ham Soup Crackers Broccoli Mixed Berries</p>	<p>16</p> <p>Chicken Parmesan Pasta Bake Buttered Peas Peaches Cookie</p>	<p>17</p> <p>Baked Enchilada Mixed Vegetables Applesauce Dessert Bread</p>	<p>18</p> <p>Chicken Tetrzzini California Blend Vegetables Garlic Bread Banana</p>	<p>19</p> <p>Hamburger Steak Mashed Potatoes/Gravy Vegetable Blend Apple Ambrosia Dessert</p>
Martin Luther King Jr. Day				
<p>22</p> <p>Beef Stew Asparagus Dinner Roll Baked Spiced Fruit Cup</p>	<p>23</p> <p>Egg Casserole Carrots Tropical Fruit Muffin</p>	<p>24</p> <p>Chicken Cordon Bleu Casserole Seasoned Brussels Sprouts Pears & Blueberries Peanut Butter & Jelly Brownie</p>	<p>25</p> <p>Lasagna Bake Italian Green Beans Garlic Bread Mixed Berries</p>	<p>26</p> <p>Cook's Choice Big Mac Sloppy Joe on Bun Tator Tots Shredded Lettuce Fruit Cocktail</p>
<p>29</p> <p>Tortellini w/Meatsauce Italian Blend Vegetables Garlic Toast Applesauce</p>	<p>30</p> <p>40 Clove Chicken Mashed Potatoes Green Beans Strawberries</p>	<p>31</p> <p>Cook's Choice Hotdog on Bun Baked Beans Chips Pears Cake</p>	<p>To cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us.</p>	

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

Stephanie Labenz
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