

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
To Cancel your meal, call 641-792-7102. Meals will not be left if you are not home or have not communicated with us. You can not text this number!	MEALS ARE FUNDED BY: *JASPER COUNTY *AGING RESOURCES *CLIENT DONATIONS *MEMORIALS *ELDERLY WAIVER/MEDICAID *FUNDRAISERS	1 Happy New Year!!  CLOSED	2 Roast Beef Gravy over Mashed Potatoes Butternut Squash Applesauce Berry Crisp	3 Chicken Fried Rice Egg Roll Oriental Slaw Pineapple
6 Cheeseburger TriTator Carrots Fruit Cocktail	7 Pub Battered Fish Macaroni and Cheese Brussels Sprouts Strawberries	8 Onion Cube Steak Mashed Potatoes w/ Gravy Mixed Vegetables Apricots	9 Cook's Choice Chicken Strips Au gratin Potatoes Green Beans Banana	10 Enchilada Casserole Spanish Rice Corn Blush Cinnamon Pears
13 Pork Gravy over Potatoes Country Trio Vegetables Diced Pears Chocolate Cake Martin Luther King Jr. Day	14 40 Clove Chicken Sage Stuffing Green Beans Strawberries	15 Catch of the Day (fish) Mashed Potatoes California Blend Vegetables Fruit Cup Lemon Mousse	16 Meatball Sub Sandwich Sweet Potato Tots Toss Salad/ Dressing Blueberries	17 Ham & Bean Soup Brussels Sprouts Crackers Apricots
20 BBQ Pork Chop Diced Potatoes w/Cheese Coleslaw Applesauce	21 Beef Pot Roast w/ Vegetables Fruit Cocktail Banana Foster Poke Cake	22 Baked Chicken Mashed Potatoes w/ Gravy Spoon Salad Berry Cup	23 Fish Fillet Macaroni and Cheese Baked Beans Fruit Cup	24 Chili Cooked Carrots & Celery Crackers Peaches Cinnamon Roll
27 Baked Fish with Lemon Broccoli & Cauliflower Carrots Pineapple	28 Grilled Chicken Sandwich Pasta Salad Diced Beets Orange	29 Beef Pot Pie Carrot Salad Rosy Applesauce Cookie	30 Cook's Choice Spaghetti Garlic Bread Tossed Salad Banana	31 Swiss Steak w/ Gravy Garlic Mashed Potatoes Scandinavian Vegetables Cinnamon Peaches

Stephanie Labenz MS RD LD

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults. Stephanie Labenz, MS, RD, LD