





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																												
<b>Menu A - Meals On Wheels</b> <b>**Menu B - Senior Centers Only**</b> <b>This will include all side meal components as listed</b>  This meal is high in sodium See back of menu for nutrition information. ←		<table border="1"> <thead> <tr> <th>JAN</th> <th>Calories Weekly Average</th> <th>Carbohydrates Weekly Average</th> <th>Sodium Weekly Average</th> </tr> </thead> <tbody> <tr> <td>Week 1</td> <td>691</td> <td>99.2</td> <td>972</td> </tr> <tr> <td>Week 2</td> <td>744</td> <td>97.1</td> <td>930</td> </tr> <tr> <td>Week 3</td> <td>689</td> <td>93.6</td> <td>907</td> </tr> <tr> <td>Week 4</td> <td>734</td> <td>95.1</td> <td>888</td> </tr> <tr> <td>Daily Standard</td> <td></td> <td>100 grams</td> <td>800-1000 mg</td> </tr> <tr> <td>Targeted Daily</td> <td>650-750</td> <td></td> <td></td> </tr> </tbody> </table>	JAN	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average	Week 1	691	99.2	972	Week 2	744	97.1	930	Week 3	689	93.6	907	Week 4	734	95.1	888	Daily Standard		100 grams	800-1000 mg	Targeted Daily	650-750			<b>NEW YEAR'S HOLIDAY!</b> <b>ALL CENTERS CLOSED</b>  <b>NO MEAL DELIVERY</b>	
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<b>4</b> <b>A:</b> Chicken Enchilada Bake <b>B:</b> Green Pepper Casserole Whole Kernel Corn Green Beans with Peppers Multi Grain Bread Diced Pears	<b>5</b> <b>A:</b> Salisbury Beef with Gravy <b>B:</b> Baked Chicken with Gravy Garlic Parmesan Potatoes Capri Vegetables Texas Bread Chocolate Pudding *Diet - Chocolate Pudding	<b>6</b> <b>A:</b> Honey Glazed Turkey Ham <b>B:</b> Cherry Glazed Ham Brown Rice Sautéed Spinach Dinner Roll Rice Krispy Treat	<b>7</b> <b>A:</b> BBQ Diced Chicken <b>B:</b> Sloppy Joe Baked Beans California Vegetables WG Hamburger Bun Fresh Fruit	<b>8</b> <b>A:</b> Eggplant Parmesan <b>B:</b> Tomato Basil Beef Meatballs Rotini Pasta Broccoli Bread Stick Fruited Strawberry Gelatin *Diet - Fruited Gelatin																												
<b>11</b> <b>A:</b> Marinara Turkey Meatballs <b>B:</b> Polish Sausage with Sauerkraut Twice Whipped Potatoes Broccoli Hot Dog Bun Fresh Fruit	<b>12</b> <b>A:</b> Hamburger Patty <b>B:</b> Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans WG Hamburger Bun Hot Spiced Peaches	<b>13</b> <b>Birth Day!</b> <b>A:</b> Oven Fried Chicken <b>B:</b> Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Ice Cream *Diet-Brownie and Ice Cream	<b>14</b> <b>A:</b> Sloppy Joe <b>B:</b> Breaded Chicken Patty Spiced Glazed Beets Tossed Salad WG Hamburger Bun Hot Spiced Apples	<b>15</b> <b>A:</b> Potato Crusted Fish <b>B:</b> Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Frosted Lime Gelatin *Diet - Frosted Lime Gelatin																												
<b>18</b> <b>MARTIN LUTHER KING JR. HOLIDAY!</b> <b>ALL CENTERS CLOSED</b> 	<b>19</b> <b>A:</b> Italian Chicken Chili <b>B:</b> Sausage with Red Beans Confetti Rice Honey Glazed Carrots Cornbread Muffin Fudge Cream Cookie	<b>20</b> <b>A:</b> Beef Jardine <b>B:</b> Mozzarella Chicken Garlic Mashed Red Potatoes Broccoli and Cauliflower Wheat Roll Fresh Fruit	<b>21</b> <b>A:</b> Turkey and Rice Casserole <b>B:</b> Beef Chili with Beans Mixed Vegetables Beets Multi Grain Bread Fig Bar	<b>22</b> <b>A:</b> Whole Grain Fish Nuggets <b>B:</b> Dijon Herb Chicken Macaroni and Cheese Green Peas Wheat Bread Pineapple Tidbits																												
<b>25</b> <b>A:</b> Breaded Chicken Tenders <b>B:</b> Country Fried Steak w/Gravy Whole Kernel Corn Ranchero Vegetables Wheat Bread Graham Crackers 	<b>26</b> <b>A:</b> Garlic Turkey Meatballs <b>B:</b> Mushroom Beef Patty Mixed Green Salad Lima Beans Bread Stick Peach Crisp	<b>27</b> <b>A:</b> Roast Beef with Gravy <b>B:</b> Pork Loin with Gravy Whipped Potatoes Lemon Brussels Sprouts Wheat Bread Chocolate Chip Cookie *Diet - Vanilla Wafers	<b>28</b> <b>A:</b> Creamy Paprika Chicken <b>B:</b> Onion Pork Patty Brown Rice Stewed Tomatoes Dinner Roll Fresh Fruit	<b>29</b> <b>A:</b> Tuna Noodle Au Gratin <b>B:</b> Beef Spaghetti Casserole Broccoli with Cheese Green Peas Wheat Roll Fruited Cherry Gelatin *Diet - Fruited Gelatin 