




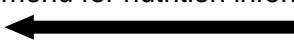


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																													
3 A: Creamy Paprika Chicken B: Mu Shu Pork Brown Rice Stewed Tomatoes Multigrain Bread Chocolate Pudding *Diet - Chocolate Pudding	4 A: Meatloaf with Brown Gravy B: Lemon Pepper Pork Loin Baked Potato Brussels Sprouts Texas Bread Fresh Fruit	5 A: Sliced Turkey Breast with Gravy B: Homestyle Pork Roast Macaroni and Cheese Herbed Green Beans Texas Bread Cherry Craisins 	6 A: Tuna Noodle Au Gratin B: Beef Spaghetti Casserole Broccoli with Cheese Green Peas Wheat Bread Fresh Fruit	7 A: Mediterranean Chicken B: Hungarian Goulash Cauliflower Sliced Carrots Wheat Bread Oatmeal Cream Cookie 																													
10 A: Sloppy Joe B: Breaded Chicken Patty Glazed Beets Green Beans Whole Grain Hamburger Bun Fresh Fruit	11 A: Marinara Turkey Meatballs B: Polish Sausage with Sauerkraut Whipped Potatoes Sliced Carrots Hot Dog Bun Fresh Fruit	12 Birthday Day! A: Oven Fried Chicken B: Roast Beef with Gravy Whipped Potatoes with Gravy Green Peas with Onions Wheat Roll Brownie and Ice Cream *Diet - Brownie and Ice Cream 	13 A: Hamburger Patty B: Shredded BBQ Pork Lettuce/Tomato/Onion Baked Beans Whole Grain Hamburger Bun Hot Cinnamon Applesauce	14 A: Potato Crusted Fish B: Liver and Onions Macaroni and Cheese Caribbean Vegetables Wheat Bread Lime Gelatin *Diet - Gelatin																													
17 MARTIN LUTHER KING JR. HOLIDAY! ALL CENTERS CLOSED NO MEAL DELIVERY 	18 A: Beef Chili with Beans B: Sausage and White Beans Confetti Rice Broccoli Saltine Crackers Fudge Cream Cookie	19 A: Lemon Pepper Fish B: Mushroom Chopped Steak Whipped Potatoes Honey Glazed Carrots Wheat Bread Cherry Craisins	20 A: Chicken Enchilada Bake B: Green Pepper Casserole Whole Kernel Corn Spinach Multigrain Bread Fresh Fruit	21 A: Spinach Lasagna B: Cheesy Beef Ziti Tossed Salad Herbed Green Beans Texas Bread Hot Pineapple Tidbits																													
24 A: Beef Taco Meat B: Chicken Taco Meat Shredded Cheese Lettuce and Tomato Mixed Beans Tortilla Chips Peach Compote	25 A: Diced BBQ Chicken B: BBQ Pork Rib Patty Mashed Sweet Potatoes Green Beans Whole Grain Hamburger Bun Fresh Fruit	26 A: Salisbury Beef with Gravy B: Baked Chicken with Gravy Garlic Parmesan Potatoes California Vegetables Multigrain Bread Butterscotch Swirl Pudding *Diet - Chocolate Pudding	27 A: Honey Baked Chicken B: Cherry Glazed Ham Brown Rice Brussels Sprouts Multigrain Bread Rice Krispy Treat	28 A: Eggplant Parmesan B: Tomato Basil Turkey Meatballs Penne Pasta Broccoli Wheat Bread Fruited Strawberry Gelatin *Diet - Fruited Gelatin																													
31 A: Turkey and Rice Casserole B: Italian Chicken Chili Mixed Vegetables Beets Multigrain Bread Oatmeal Cream Cookie	Menu A - Home-Delivered Meals **Menu B - Senior Centers Only**  This meal is high in sodium See back of menu for nutrition information. 		Suggested meal donation • \$3.00		<table border="1"> <thead> <tr> <th>JANUARY</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>659</td> <td>88.2</td> <td>977</td> </tr> <tr> <td>Week 2</td> <td>737</td> <td>96.3</td> <td>932</td> </tr> <tr> <td>Week 3</td> <td>672</td> <td>97.5</td> <td>823</td> </tr> <tr> <td>Week 4</td> <td>667</td> <td>92.8</td> <td>889</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>	JANUARY	Calories Weekly Average	Carbohydrates Weekly Average	Sodium Weekly Average	Week 1	659	88.2	977	Week 2	737	96.3	932	Week 3	672	97.5	823	Week 4	667	92.8	889	Daily Standard		100 grams	800-1000 mg	Targeted Daily	650-750		
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