

January 2019

Warren/Hamilton Counties Office for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	January 1  Meal site Closed	January 2 Apple n' Onion Chicken Sweet Potatoes Spinach Brownie	January 3 Swedish Meatballs Over Noodles Scandinavian Veggies Mandarin Orange	January 4 Roast Pork Loin/Gravy Mashed Potatoes Winter Squash Birthday Cake Happy Birthday
January 7 Sour Cream Chicken Sweet Potatoes Green Beans Chilled Peaches	January 8 Beef Pot Pie with Potatoes and Veggies Zucchini & Tomatoes Tropical Fruit Salad	January 9 Pot Roast/Gravy Mashed Potatoes Carrots Strawberry Shortcake	January 10 Tortellini Alfredo with Chicken California Medley Pears	January 11 Spaghetti & Meatballs Marinara Sauce Peas & Onions Tossed Salad Cake/Frosting
January 14 Lemon Baked Fish Potato of the Day Mixed Veggies Pudding of the Day	January 15 Pepper Steak Sweet Potatoes Brussels Sprout Chilled Pineapple	January 16 Eggplant Parmesan Spaghetti/Marinara Sauce Green Beans Apple Crisp	January 17 Juice of the Day Chicken & Biscuit Italian Veggies Chilled Peaches	January 18 Chili/ Shredded Cheese Brown Rice Corn Corn Bread Mandarin Oranges
January 21  Meal site Closed	January 22 Chicken Parmesan Penne Pasta/Marinara Sauce Oriental Veggies Mandarin Orange	January 23 Meatloaf/Gravy Mashed Potato Winter Squash Peach Cobbler	January 24 Chicken & Stuffing Casserole Long Grain & Wild Rice California Medley Fresh Fruit	January 25 Soup of the Day (at congregate sites only) Liver & Onions Potato of the Day Peas & Onions Cake/Frosting
January 28 CHEF'S CHOICE	January 29 Baked Fish Scandia Scalloped Potatoes Spinach Tropical Fruit Salad	January 30 Beef Stroganoff over Noodles Carrots Pineapple Up-side Down Cake	January 31 Chicken Reuben Rice Pilaf Broccoli Fresh Fruit	60+ Suggested contribution is \$3 Under 60, \$5 required Contribution

All meals served with 1% milk, bread, margarine, (Congregate site only - *coffee, and tea and juice*). Diabetic desserts are available for those with diabetes. Menus subject to change. Frozen Dinner Heating Instructions: **Oven:** 350 degrees for 30-45 min or 160 degree (Loosen aluminum foil top or puncture film seal) **Micro-wave:** Plastic Containers only - loosen film seal, heat on high 5-6 minutes. Let stand 2-3 minutes prior to serving. Caution contents will be hot.