

January 2024 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

#1 Week 1 of Winter Menu Cycle

- 1/1/2024 **M** COA Closed - New Year's Day
1/2/2024 **Tu** No Home Delivered Meals on Monday, 01/01/2024
1/3/2024 **W** Swedish Meatballs in Gravy, Penne Pasta, Green Beans, Whole Orange, Juice Cup, Milk
1/4/2024 **Th** Bologna & Cheese Sandwich, Cole Slaw, Citrus Carrot Salad, Fruit Cup, Milk
1/5/2024 **F** Mediterranean Tuna Salad w/Salad Greens, Chickpeas, Tomatoes, Olives, Kaiser Roll w/Butter, Fruit, Milk

#2

- 1/8/2024 **M** Chicken Pot Pie w/Peas, Carrots, Potatoes, Biscuit, Fruit Juice, Milk
1/9/2024 **Tu** Ham Salad Sandwich on Club Roll, Broccoli & Cauliflower Salad, Fruit Cup, Fruit Juice, Milk
1/10/2024 **W** Meat Loaf w/Gravy, Mashed Potatoes, Green Beans, Diced Carrots, Fruit Juice, Milk
1/11/2024 **Th** Chicken Caesar Salad w/Dressing, Salad Greens, Lentil Salad, Crackers, Fruit Cup, Milk
1/12/2024 **F** Baked Breaded Fish, Tater Tots, Cole Slaw, Baked Beans, Juice Cup, Milk

#3

- 1/15/2024 **M** COA Closed - Dr. Martin Luther King, Jr. Day
1/16/2024 **Tu** No Home Delivered Meals on Monday, 01/15/2024
1/17/2024 **W** Roasted Turkey w/Gravy, Mashed Potatoes, Brussels Sprouts, Whole Orange, Juice Cup, Cookie, Milk
1/18/2024 **Th** Egg Salad Sandwich, Cucumber & Tomato Salad, Fruit Cup, Juice Cup, Milk
1/19/2024 **F** Lasagna Roll w/Cheese Filling, 3-Bean Salad, Applesauce, Dinner Roll & Butter, Cookie, Juice Cup, Milk

#4

- 1/22/2024 **M** Italian Sausage w/Onions & Peppers on Sandwich Roll, Seasoned Cauliflower, Whole Apple, Milk
1/23/2024 **Tu** Chef's Salad w/Ham, Eggs, Cheese, Salad Greens, Tomatoes; Dinner Roll w/Butter, Juice Cup, Milk
1/24/2024 **W** Roasted Stuffed Chicken, Scalloped Potatoes, Carrot Coins, Kale or Collard Greens, Applesauce, Milk
1/25/2024 **Th** Sliced Turkey Sandwich w/Lettuce, Tomato, Mayo Pack, Kaiser Roll, Waldorf Salad (no nuts), Juice Cup, Milk
1/26/2024 **F** Breaded Pollock Fish, Rice Pilaf, Cole Slaw, Black Bean & Corn Salad, Tropical Fruit Cup, Milk

#1

- 1/29/2024 **M** Oven Browned Chicken Leg (thigh/drumstick), Potatoes AuGratin, California Blend, Pineapple Cup, Milk
1/30/2024 **Tu** Salmon Salad on Mixed Salad Greens w/Dressing, Pasta Salad, Crackers, Applesauce, Juice Cup, Milk
1/31/2024 **W** Swedish Meatballs in Gravy, Penne Pasta, Green Beans, Whole Orange, Juice Cup, Milk
2/1/2024 **Th** Bologna & Cheese Sandwich, Cole Slaw, Citrus Carrot Salad, Fruit Cup, Milk
2/2/2024 **F** Mediterranean Tuna Salad w/Salad Greens, Chickpeas, Tomatoes, Olives, Kaiser Roll w/Butter, Fruit, Milk

February 2024 Senior Menu

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#1

- 1/29/2024 **M** Beef Stroganoff with Pasta, Peas & Carrots, Orange, Juice Cup, Cookie, Milk
1/30/2024 **Tu** Chicken Tacos w/Sour Cream, Cheese, Tomato Salsa, Onions, Peppers, Lettuce, Black Beans, Juice, Milk
1/31/2024 **W** Pulled Pork with Barbecue Sauce & Roll, Cole Slaw, Applesauce, Milk
2/1/2024 **Th** Turkey Chef Salad w/Mixed Greens, Diced Tomatoes & Dressing, Pineapple, Chickpea Salad, Crackers, Milk
2/2/2024 **F** Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Dressing, Corn Muffin, Cookie, Milk

#2

- 2/5/2024 **M** Chicken Pot Pie w/Peas, Carrots, Potatoes, Biscuit, Fruit Juice, Milk
2/6/2024 **Tu** Ham Salad Sandwich on Club Roll, Broccoli & Cauliflower Salad, Fruit Cup, Fruit Juice, Milk
2/7/2024 **W** Meat Loaf w/Gravy, Mashed Potatoes, Green Beans, Diced Carrots, Fruit Juice, Milk
2/8/2024 **Th** Chicken Caesar Salad w/Dressing, Salad Greens, Lentil Salad, Crackers, Fruit Cup, Milk
2/9/2024 **F** Baked Breaded Fish, Tater Tots, Cole Slaw, Baked Beans, Juice Cup, Milk

#3 * Wednesday 2/14 Valentine's Day Special Meal

- 2/12/2024 **M** Shepherd's Pie w/Ground Beef, Gravy, Peas & Carrots, Mashed Potatoes, Green Beans, Fruit Cup, Milk
2/13/2024 **Tu** Chicken Salad on Mixed Salad Greens, Carrot & Raisin Salad, Kaiser Roll w/Butter, Milk
2/14/2024 **W** *Lasagna Roll w/Cheese Filling, Tomato Sauce, Side Spinach Salad, Whole Orange, Garlic Bread, Cookie, Milk*
2/15/2024 **Th** Egg Salad Sandwich, Cucumber & Tomato Salad, Fruit Cup, Juice Cup, Milk
2/16/2024 **F** Lasagna Roll w/Cheese Filling, 3-Bean Salad, Applesauce, Dinner Roll & Butter, Cookie, Juice Cup, Milk

#4

- 2/19/2024 **M** COA Closed - Presidents' Day
2/20/2024 **Tu** No Home Delivered Meals on Monday, 02/19/2024
2/21/2024 **W** Roasted Stuffed Chicken, Scalloped Potatoes, Carrot Coins, Kale or Collard Greens, Applesauce, Milk
2/22/2024 **Th** Sliced Turkey Sandwich w/Lettuce, Tomato, Mayo Pack, Kaiser Roll, Waldorf Salad (no nuts), Juice Cup, Milk
2/23/2024 **F** Breaded Pollock Fish, Rice Pilaf, Cole Slaw, Black Bean & Corn Salad, Tropical Fruit Cup, Milk

#1

- 2/26/2024 **M** Oven Browned Chicken Leg (thigh/drumstick), Potatoes AuGratin, California Blend, Pineapple Cup, Milk
2/27/2024 **Tu** Salmon Salad on Mixed Salad Greens w/Dressing, Pasta Salad, Crackers, Applesauce, Juice Cup, Milk
2/28/2024 **W** Swedish Meatballs in Gravy, Penne Pasta, Green Beans, Whole Orange, Juice Cup, Milk
2/29/2024 **Th** Bologna & Cheese Sandwich, Cole Slaw, Citrus Carrot Salad, Fruit Cup, Milk
3/1/2024 **F** Mediterranean Tuna Salad w/Salad Greens, Chickpeas, Tomatoes, Olives, Kaiser Roll w/Butter, Fruit, Milk

March 2024 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

#1

- 2/26/2024 **M** Oven Browned Chicken Leg (thigh/drumstick), Potatoes AuGratin, California Blend, Pineapple Cup, Milk
2/27/2024 **Tu** Salmon Salad on Mixed Salad Greens w/Dressing, Pasta Salad, Crackers, Applesauce, Juice Cup, Milk
2/28/2024 **W** Swedish Meatballs in Gravy, Penne Pasta, Green Beans, Whole Orange, Juice Cup, Milk
2/29/2024 **Th** Bologna & Cheese Sandwich, Cole Slaw, Citrus Carrot Salad, Fruit Cup, Milk
3/1/2024 **F** Mediterranean Tuna Salad w/Salad Greens, Chickpeas, Tomatoes, Olives, Kaiser Roll w/Butter, Fruit, Milk

#2

- 3/4/2024 **M** Chicken Pot Pie w/Peas, Carrots, Potatoes, Biscuit, Fruit Juice, Milk
3/5/2024 **Tu** Ham Salad Sandwich on Club Roll, Broccoli & Cauliflower Salad, Fruit Cup, Fruit Juice, Milk
3/6/2024 **W** Meat Loaf w/Gravy, Mashed Potatoes, Green Beans, Diced Carrots, Fruit Juice, Milk
3/7/2024 **Th** Chicken Caesar Salad w/Dressing, Salad Greens, Lentil Salad, Crackers, Fruit Cup, Milk
3/8/2024 **F** Baked Breaded Fish, Tater Tots, Cole Slaw, Baked Beans, Juice Cup, Milk

#3

- 3/11/2024 **M** Shepherd's Pie w/Ground Beef, Gravy, Peas & Carrots, Mashed Potatoes, Green Beans, Fruit Cup, Milk
3/12/2024 **Tu** Chicken Salad on Mixed Salad Greens, Carrot & Raisin Salad, Kaiser Roll w/Butter, Milk
3/13/2024 **W** Roasted Turkey w/Gravy, Mashed Potatoes, Brussels Sprouts, Whole Orange, Juice Cup, Cookie, Milk
3/14/2024 **Th** Egg Salad Sandwich, Cucumber & Tomato Salad, Fruit Cup, Juice Cup, Milk
3/15/2024 **F** Lasagna Roll w/Cheese Filling, 3-Bean Salad, Applesauce, Dinner Roll & Butter, Cookie, Juice Cup, Milk

#4 * Monday 3/18/2024 Saint Patrick's Day Special Meal

- 3/18/2024 **M** *Corned Beef & Cabbage, Potatoes, Carrots, Biscuit or Soda Bread w/Butter, Juice Cup, Milk*
3/19/2024 **Tu** Chef's Salad w/Ham, Eggs, Cheese, Salad Greens, Tomatoes; Dinner Roll w/Butter, Juice Cup, Milk
3/20/2024 **W** Roasted Stuffed Chicken, Scalloped Potatoes, Carrot Coins, Kale or Collard Greens, Applesauce, Milk
3/21/2024 **Th** Sliced Turkey Sandwich w/Lettuce, Tomato, Mayo Pack, Kaiser Roll, Waldorf Salad (no nuts), Juice Cup, Milk
3/22/2024 **F** Breaded Pollock Fish, Rice Pilaf, Cole Slaw, Black Bean & Corn Salad, Tropical Fruit Cup, Milk

#1

- 3/25/2024 **M** Oven Browned Chicken Leg (thigh/drumstick), Potatoes AuGratin, California Blend, Pineapple Cup, Milk
3/26/2024 **Tu** Salmon Salad on Mixed Salad Greens w/Dressing, Pasta Salad, Crackers, Applesauce, Juice Cup, Milk
3/27/2024 **W** Swedish Meatballs in Gravy, Penne Pasta, Green Beans, Whole Orange, Juice Cup, Milk
3/28/2024 **Th** Bologna & Cheese Sandwich, Cole Slaw, Citrus Carrot Salad, Fruit Cup, Milk
3/29/2024 **F** Mediterranean Tuna Salad w/Salad Greens, Chickpeas, Tomatoes, Olives, Kaiser Roll w/Butter, Fruit, Milk