

2% MILK AVAILABLE

**ELECTRA SERVICE CORPORATION**

**JANUARY 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>2011-16 2 Creamy Mushroom Steak Mashed Potatoes Peas &amp; Carrots WW Roll Emerald Pears</p>	<p>CDH 1-12 3 Chicken Fajitas Fajita Vegetables Chuckwagon Corn Spanish Rice Fruit Cocktail</p>	<p>BEK 2016 7-1 4 Italian Chicken Breast Herbed Red Potatoes Italian Green Beans Wheat Roll Cheesecake</p>	<p>2011-12 5 Cheeseburgers Potato Wedges Tomato, Lettuce, Pickles &amp; Onion Melon Medley</p>
<p>CDH WK 3 Day 1 8 Chicken &amp; Rice Black-Eyed Peas Carrots Wheat Roll Fruit Cocktail</p>	<p>CDH WK 3 Day 2 9 Polish Sausage Pinto Beans Coleslaw Cornbread Peaches</p>	<p>CDH WK 3 Day 4 10 Charbroiled Ground Beef w/ Peppers &amp; Onions Garlic Mashed Potatoes Beets, Wheat Roll Mandarin Oranges</p>	<p>CDH WK 3 Day 3 11 Beef Stew Turnip Greens Cornbread Black Forest Parfait</p>	<p>CDH WK 3 Day 5 12 Tuna Casserole English Peas Chuckwagon Corn Wheat Roll Applesauce</p>
<p>2011-03 15 Barbeque Chicken Filet Baked Potato w/ Sour Crm Mixed Vegetables WW Roll Mandarin Oranges</p>	<p>2011-19 16 Glazed Meatloaf Red Bliss Potatoes Mixed Vegetables Breadstick Country Apple Crisp</p>	<p>2011-04 17 Chicken &amp; Dumplings w/ Peas Tossed Salad Wheat Roll Fruit Cup</p>	<p>CDH 12-11 18 Ham &amp; Beans Sweet Potatoes Turnip Greens Cornbread Cherry Cobbler</p>	<p>2011-15 19 Chicken Teriyaki Fried Rice Oriental Vegetables Strawberries &amp; Bananas</p>
<p>2011-16 22 Mushroom Steak Mashed Potatoes Peas &amp; Carrots WW Roll Emerald Pears</p>	<p>CDH 1-11 19 Chicken Tenders w/ Gravy Garlic Mashed Potatoes Turnip Greens WW Roll Mandarin Oranges</p>	<p>CDH 3/11 20 Pork Chop Black Eyed Peas Spinach Salad Cornbread Baked Apples</p>	<p>CDH 3-12 21 Taco Pie w/ Salad Topping Pinto Beans Chuckwagon Corn Peanut Butter Cup</p>	<p>CDH 5-11 22 Lemon Tilapia Corn Coleslaw Hushpuppies Cherry Crisp</p>
<p>CDH WK 5 Day 2 29 Chicken Fajitas Fajita Vegetables Chuckwagon Corn Spanish Rice Fruit Cocktail</p>	<p>CDH WK 5 Day 3 30 Salisbury Steak w/ Gravy Mashed Potatoes Cauliflower &amp; Broccoli Wheat Roll Apricots</p>	<p>CDH WK 5 Day 4 31 Sweet &amp; Sour Chicken Rice w/ Sugar Snap Peas Stir-Fry Vegetables Wheat Roll Lazy Cake</p>	<p>CDH WK 5 Day 5 Feb 1 Salmon Patty Baby Lima Beans Cole Slaw Cornbread Tropical Fruit</p>	<p>CDH WK 5 Day 1 Feb 2 Chopped Barbeque on a Bun Pinto Beans Grandma's Potato Salad Mandarin Oranges</p>

Please call the Senior Center at 495-4311 by 10 am on the days you want to come for lunch.

Recommended Donation: Seniors 60 and over \$3.00 Guests under 60 \$6.00

HAPPY★NEW★YEAR