

HAPPY ★ NEW ★ YEAR

2% MILK AVAILABLE

ELECTRA SERVICE CORPORATION

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>BEK WK 2 Day 2 4</p> <p>Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Wheat Roll Fresh Fruit</p>	<p>BEK WK 2 Day 5 5</p> <p>Barbeque Beef on Bun Pinto Beans Romaine Salad Fruit</p>	<p>BEK WK 3 Day 1 6</p> <p>Chicken Enchiladas Spanish Rice, Salsa Pinto Beans, Crackers Cinnamon Pears</p>	<p>BEK WK 2 Day 3 7</p> <p>Chicken Breast Chunky Fruit Medley Lettuce & Tomato Salad Wheat Bread Chocolate Chip Cookie</p>	<p>BEK WK 2 Day 4 8</p> <p>Battered Cod Wedges Buttered Rice Lemon Broccoli WW Roll Snickerdoodle</p>
<p>CDH WK 3 Day 1 11</p> <p>Chicken & Rice Black-Eyed Peas Carrots Wheat Roll Fruit Cup</p>	<p>CDH WK 3 Day 2 12</p> <p>Polish Sausage Pinto Beans Coleslaw Cornbread Peaches</p>	<p>CDH WK 3 Day 5 13</p> <p>Tuna Casserole English Peas Chuckwagon Corn Wheat Roll Applesauce</p>	<p>CDH WK 3 Day 4 14</p> <p>Charbroiled Beef Patty w/Peppers & Onions Garlic Mashed Potatoes Sliced Beets, WW Roll Mandarin Oranges</p>	<p>CDH WK 3 Day 3 15</p> <p>Beef Stew Turnip Greens Cornbread Black Forest Parfait</p>
<p>2011-13 18</p> <p>Chicken Fried Steak Mashed Potatoes & Gravy Okra, Corn WW Roll Pumpkin Square</p>	<p>2011-04 19</p> <p>Chicken & Dumplings w/ Peas Tossed Salad, Wheat Roll Fruit Cup</p>	<p>BEK 2016-12 20</p> <p>Baked Potato w/ Chili & Cheese Broccoli Baked Cinnamon Apples</p>	<p>CDH 1-11 21</p> <p>Chicken Tenders w/ Gravy Garlic Mashed Potatoes Turnip Greens Wheat Roll Mandarin Oranges</p>	<p>2011-16 22</p> <p>Creamy Mushroom Steak Mashed Potatoes Peas & Carrots WW Roll Emerald Pears</p>
<p>CDH WK 7 Day 2 25</p> <p>Pork Chops Turnip Greens Black Eyed Peas Cornbread Applesauce</p>	<p>CDH WK 7 Day 1 26</p> <p>Chicken Tetrizzini Italian Vegetables Tossed Salad Garlic Bread Oatmeal Cookie</p>	<p>CDH WK 7 Day 3 27</p> <p>Roast Beef Roasted Potatoes, Carrots, & Peppers WW Roll Peach Cobbler</p>	<p>CDH WK 7 Day 4 28</p> <p>Tacos w/ Salad Topping Pinto Beans Chuckwagon Corn Tortilla Peanut Butter Cup</p>	<p>CDH WK 7 Day 1 29</p> <p>Lemon Tilapia Mustard Greens Cucumber & Onions Cornbread Strawberry Shortcake</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