

January 2019

FARGO MEALS AT SENIOR CENTERS

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	HAPPY NEW YEAR! CLOSED	CABBAGE ROLLS W/SAUCE PARSLIED CARROTS COTTAGE CHEESE PEACH SAUCE PUMPKIN RAISIN MUFFIN	MEATLOAF BAKED POTATO WITH SOUR CREAM STEWED TOMATOES PEACH CRISP WITH WHIPPED TOPPING WHOLE WHEAT BREAD	PULLED PORK ON A WHOLE WHEAT BUN CHEESY HASHBROWN BAKE CALICO BEANS STRAWBERRY JELLO W/PEARS AND WHIPPED TOPPING
7	8	9	10	11
CHICKEN PARMESAN WITH MARINARA SAUCE OVER NOODLES GERMAN BLEND VEGETABLES APPLESAUCE WHOLE WHEAT BREADSTICK	ROAST BEEF WITH GRAVY MASHED POTATOES COUNTRY BLEND VEGETABLES FRESH FRUIT GINGERBREAD CAKE WITH WHIPPED TOPPING	CREAMED TURKEY MASHED POTATOES STEAMED PEAS ORANGE JELLO WITH MANDARIN ORANGES & WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	BARBECUE RIBS BAKED POTATO W/SOUR CREAM PACIFIC BLEND VEGETABLES PEAR CRISP WITH WHIPPED TOPPING CORN BREAD MUFFIN	CHICKEN WILD RICE HOTDISH SCANDINAVIAN VEGETABLES CAPTAINS SALAD TROPICAL FRUIT WHOLE WHEAT DINNER ROLL
14	15	16	17	18
BAKED COD WITH ALFREDO SAUCE PARSLIED POTATOES CALIFORNIA BLEND VEGETABLES MANDARIN ORANGES ZUCCHINI BREAD	HERB ROASTED CHICKEN W/GRAVY MASHED POTATOES BRUSSEL SPROUTS CRANBERRY SAUCE WINTER FRUIT CUP WHOLE WHEAT BREAD	SLOPPY JOE ON A WHOLE WHEAT BUN SCALLOPED POTATOES CREAMY COLESLAW DICED PEARS	PORK CHOPS W/STUFFING MASHED POTATOES W/GRAVY KEY LARGO VEGETABLES APPLE CRISP W/ WHIPPED TOPPING	SPAGHETTI AND MEATBALLS FRENCH CUT GREEN BEANS CHERRY JELL-O WITH PEACHES WITH WHIPPED TOPPING GARLIC FRENCH BREAD
MARTIN LUTHER KING JR DAY 21	22	23	24	25
SWISS STEAK WITH GRAVY MASHED POTATOES CORN WINTER FRUIT CUP ROSEMARY DINNER ROLL	BBQ CHICKEN BREAST AU GRATIN POTATOES SCANDINAVIAN VEGETABLES RHUBARB CRISP WITH WHIPPED TOPPING WHOLE WHEAT BREAD	ROAST PORK WITH GRAVY MASHED POTATOES BEETS CHERRY JELLO W/PEARS W/WHIPPED TOPPING APPLE CINNAMON MUFFIN	CHILI CHEESY HASHBROWN BAKE WARM CINNAMON APPLES MEXI CORN BREAD MUFFIN	BEEF TIPS WITH GRAVY OVER NOODLES MIXED VEGETABLES ROMAINE SALAD APRICOTS WHOLE WHEAT BREAD
28	29	30	31	
COUNTRY MEATBALLS MASHED POTATOES KRINKLE CUT CARROTS PEACH SAUCE BANANA BRAN MUFFIN	LEMON PEPPER COD WITH TARTAR SAUCE WILD RICE BLEND CREAMED PEAS CREAMY CUKES MANDARIN ORANGES	ROAST TURKEY W/GRAVY MASHED POTATOES SQUASH FRUIT COCKTAIL WHOLE WHEAT BREAD CRANBERRY SAUCE	LASAGNA COUNTRY BLEND VEGETABLES ROMAINE SALAD PEACH CRISP W/ WHIPPED TOPPING WHOLE WHEAT GARLIC BREADSTICK	

Menu meets the required Title 3 nutrient goals under the Older American Act

Calories: 735 Sodium Goals: 800-1000 mg daily Protein: 31.24 (g) Net Carbs: 87.11 (g) Fat: 24.5(g)