

# January 2019

## WEST FARGO MEALS AT SENIOR CENTERS

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	<b>HAPPY NEW YEAR! CLOSED</b>	CABBAGE ROLLS W/SAUCE MASHED POTATOES CARROTS COTTAGE CHEESE PEACH SAUCE WHOLE WHEAT BREAD SLICE	MEATLOAF BAKED POTATO WITH SOUR CREAM STEWED TOMATOES APPLE CRISP WITH WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	PULLED PORK ON A WHOLE WHEAT BUN CHEESY HASHBROWN BAKE CALICO BEANS FRUITED JELLO WITH WHIPPED TOPPING
7	8	9	10	11
CHICKEN PARMESAN WITH MARINARA SAUCE OVER NOODLES PRINCE EDWARD VEGETABLES APRICOTS PUMPKIN BREAD	LASAGNA PEAS AND PEARL ONIONS LETTUCE SALAD W/ SALAD DRESSING PEACH COBBLER W/ TOPPING WHOLE WHEAT BREADSTICK	HAM WITH RAISIN SAUCE AU GRATIN POTATOES BAKED BEANS VANILLA PUDDING W/ BANANAS WHOLE WHEAT DINNER ROLL	SPAGHETTI AND MEATBALLS GREEN BEANS FRUIT SAUCE WITH COOKIE	CREAMED TURKEY MASHED POTATOES CORN FRESH FRUIT WHOLE WHEAT BREAD
14	15	16	17	18
BAKED COD WITH ALFREDO SAUCE PARSLIED POTATOES CARROTS MANDARIN ORANGES ZUCCHINI BREAD	HERB ROASTED CHICKEN W/GRAVY MASHED POTATOES COUNTRY VEGETABLES FRUITED JELLO WITH WHIPPED TOPPING WHOLE WHEAT BREAD	BARBECUE RIBS BAKED POTATO W/SOUR CREAM WAX BEANS CHERRY CRISP WITH WHIPPED TOPPING CROISSANT	SLOPPY JOE ON WHOLE WHEAT BUN CHEESY HASHBROWNS COLESLAW DICED PEARS	CHICKEN WILD RICE HOTDISH CARIBBEAN VEGETABLES LETTUCE SALAD W/ DRESSING FRESH FRUIT WHOLE WHEAT BREAD SLICE
<b>MARTIN LUTHER KING JR DAY 21</b>	22	23	24	25
BBQ CHICKEN BREAST SCALLOPED POTATOES GREEN BEANS FRUIT CUP WHOLE WHEAT BREAD	BEEF TIPS WITH GRAVY OVER NOODLES MIXED VEGETABLES FRESH FRUIT GINGERBREAD CAKE WITH WHIPPED TOPPING WHOLE WHEAT DINNER ROLL	ROAST TURKEY W/GRAVY MASHED POTATOES STUFFING CRANBERRY SAUCE SQUASH GLORIFIED RICE	CHILI MEXI CORN COLESLAW WARM CINNAMON APPLES MEXI CORN BREAD MUFFIN	LEMON PEPPER COD WITH TARTAR SAUCE WILD RICE BLEND CREAMED PEAS CRUNCHY CUKES FRUIT CUP BANANA BREAD
28	29	30	31	
COUNTRY MEATBALLS MASHED POTATOES CARROTS FRUIT CUP WHOLE WHEAT BREAD	BREADED CHICKEN ON WHOLE WHEAT BUN LETTUCE, TOMATO AND MAYO PASTA VEGETABLE SALAD FRUITED JELLO WITH WHIPPED TOPPING	PORK CHOPS W/ GRAVY MASHED POTATOES MALIBU VEGETABLES RAW APPLE CAKE W/ WHIPPED TOPPING CROISSANT	HAMBURGER MACARONI CASSEROLE CORN COLESLAW FRUIT CUP W/ COOKIE WHOLE WHEAT BREAD	