

January 2022


VALLEY SENIOR SERVICES: RANSOM SARGENT REGIONAL MEALS ON WHEELS & TAKE OUT MEALS AT CENTERS

Suggested donation \$4.00 a meal for people 60+ and spouse of 60+

UNDER 60 IS A CHARGE OF \$9.00 PER MEAL AND 60+ TAKE OUT MEALS (NOT HOME DELIVERED) IS A CHARGE OF \$5.00

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Herb Roasted Chicken Scalloped Potatoes Diced Beets Peaches Dinner Roll 	Pork Chop W/ Gravy Mashed Potatoes Stuffing Malibu Vegetables Fresh Fruit	BBQ on a Whole Wheat Bun Green Beans Pears Hershey Brownie	Beef Stroganoff Egg Noodles Green Beans Peach Cobbler w/ Topping Croissant	Pesto Chicken Cheesy Whipped Potatoes Chateau Blend Vegetables Mixed Berries Whole Wheat Bread
10	11	12	13	14
Sweet & Sour Pork Wild Rice Brocoli Applesauce Whole Wheat Bread	Tator Tot Hotdish California Blend Vegetables Fruit Whole Wheat Dinner Roll	Lasagna Peas & Pearl Onions Lettuce Salad w/ Dressing Fruit Whole Wheat Garlic Breadstick	Cod w/ Alfredo Sauce Mashed Potatoes Corn Fruit Cup Biscuit	Ranch Chicken Breast Baby Baker Potatoes Creamy Cucumbers Whole Wheat Dinner Roll Heath Cookie
Martin Luther King Jr Day 17	18	19	20	21
Chili Baked Potato w/ S. Cream Mixed Vegetables Mandarin Oranges Whole Wheat Dinner Roll	Salsa Chicken Breast Brown Rice Best Black Beans Tropical Fruit Rice Krispie Bar	Tuna Noodle Hotdish Peas and Carrots Fresh Fruit Frosted Banana Cake Whole Wheat Dinner Roll	Country Meatballs Mashed Potatoes w/ Gravy Baked Corn Pears Whole Wheat Bread	Bronze Pork Loin Au Gratin Potatoes Lettuce Salad Pineapple Tidbits Zebra Brownie Sister Shubert Roll
24	25	26	27	28
Meatloaf Mashed Potatoes Creamed Carrots Tropical Fruit Whole Wheat Dinner Roll	BBQ Ribs Smashed Sweet Potatoes Steamed Cauliflower Fruit Cornbread Muffin	Lutheran Hotdish Key West Blend Vegetables Peaches Whole Wheat Dinner Roll	Chicken Sandwich w/ Lettuce, Tomato, Onion on Whole Wheat Bun Pasta Salad Baked Beans Fruit Cocktail Cookie	Roast Turkey w/ Gravy Mashed Potatoes w/ Gravy Roasted Carrots Apple Crisp w/ Topping Whole Wheat Bread
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Herb Crusted Fish w/ Tarter Sauce Brown Sugar Baked Squash Creamed Peas Pears Whole Wheat Dinner Roll	