

# JANUARY 2024



## 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

SNAP vouchers accepted by calling the Lisbon Office

ALL MEALS INCLUDE 8 oz 1% MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	Roast Turkey w/Poultry Gravy Mashed Potatoes Parslied Carrots Apple Whole Wheat Bread x2	Spaghetti w/Meatsauce Seasoned Green Beans Cauliflower Fresh Fruit Whole Wheat Bread	<i>Provider Choice for Holiday</i> Seasoned Pork Roast Swedish Creamed Potatoes Confetti Coleslaw Fresh Fruit Whole Wheat Bread x2	Cheesy Egg Bake Crispy Cube Potatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread x2
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Salisbury Steak w/Mushroom Gravy Mashed Potatoes Stewed Tomatoes Pineapple Tidbits Whole Wheat Bread x2	Chicken Kiev Brown Rice Steamed Peas Lemon Parsley Carrots Fresh Fruit Whole Wheat Bread	Hamburger on a Whole Wheat Bun w/Lettuce & Tomato Baked Beans Cauliflower Spiced Apples	Tuna Noodle Casserole Mixed Vegetables Banana Split Dessert Whole Wheat Bread	Ginger Roast Pork Warm Sweet Potato & Apple Salad Collard Greens Pears Mexican Cornbread
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
CLOSED 	Tater Tot Hotdish Corn Pears Whole Wheat Bread x2	Stir Fry Pork Brown Rice Lettuce Salad w/Dressing Steamed Baby Carrots Mandarin Oranges Whole Wheat Bread	Rosemary Orange Chicken Mashed Potatoes Maple Dijon Brussels Sprouts Fresh Fruit Whole Wheat Bread x2	Meatloaf Mashed Potatoes Stewed Tomatoes Tropical Fruit Whole Wheat Bread x2
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Chicken Dijon Scalloped Corn Diced Beets Peaches Whole Wheat Bread x2	Herb Roasted Salmon Green Beans House Salad Banana Whole Wheat Bread	Baked Ham Mashed Sweet Potatoes Broccoli Peaches Whole Wheat Bread x2	Gjetost Chicken Baby Baker Potatoes Green Beans Cinnamon Applesauce Whole Wheat Bread x2	Swedish Meatballs Mashed Potatoes w/Gravy Crinkle Cut Carrots Pineapple Tidbits Whole Wheat Bread x2
<b>29</b>	<b>30</b>	<b>31</b>		
Ranch Chicken Breast (Concordias) Au Gratin Potatoes Steamed Broccoli Tropical Fruit Whole Wheat Bread x2	Chili California Blend Vegetables Apricots Zesta Saltines x2 Whole Wheat Bread	Lemon Pepper Fish Rice Pilaf Steamed Cabbage Parslied Carrots Apricots Whole Wheat Bread	Pasta Bake Cauliflower Tossed Salad w/Dressing Fresh Fruit Whole Wheat Bread	