

January 2025 - Milnor

Home Delivered Meals, Carry Out Meals, and Congregate Meals are a suggested donation of \$4.00 per meal for people 60+ and their spouse of any age.
 Under 60 is a charge of \$9.00 per meal.
 All meals include 1% milk. Menus are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED If you would like to receive a frozen meal, please call the office.	2 Beef & Cabbage Bake Peas & Carrots - 1 cup Fruity Tapioca Pudding Dinner Roll	3 Broccoli & Cauliflower Salad Tortellini w/ meat sauce Italian Green Beans Berry Crisp Garlic Breadstick
6	7 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	8 BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake	9 Shepherds Pie Brussels Sprouts Peaches in Orange Sauce Bread x2	10 Hot Dog on Bun Tator Tots Whole Kernel Corn Cantaloupe
13	14 Loaded Turkey Sandwich Hogie Bun Tator Tots Corn & Black Bean Salad Strawberry Applesauce	15 Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies - 1 cup Garlic Bread Fruit Salad	16 Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	17 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick
20 CLOSED If you would like to receive a frozen meal, please call the office.	21 Pork Club Chop Whipped Potatoes Roasted Butternut Squash Deluxe Fruit Bread x2	22 Garlic Steak Bites Baked Potato Green Beans Mixed Berries Bread x2	23 Taco Casserole Spanish Rice Refried Beans Whole Kernel Corn Fruit Cocktail	24 Oven Fried Chicken Mashed Potatoes & Gravy Glazed Baby Carrots Kiwi Bread x2
27	28 Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini - 1 cup Whole Orange Wheat Dinner Roll	29 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	30 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple Dinner Roll	31 Brocoli Cheese Soup Coleslaw Cottage Cheese and Fruit Banana Bran Muffin LS Crackers

January 2025 - Cogswell and Forman

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6 Tangy Meatloaf Boiled Potatoes Sicilian Blend Veggies Whole Pear Bread x2	7 Ham & Bean Soup Winter Blend Veggies Apple Crisp Cornbread	8 BBQ Chicken Breast Au Gratin Potatoes Harvard Beets Strawberries Bread x2 Carrot Cake	9 Hot Dog on Bun Tator Tots Whole Kernel Corn Cantaloupe	10
13 Loaded Turkey Sandwich Hogie Bun Tator Tots Corn & Black Bean Salad Strawberry Applesauce	14 Parmesan Chicken Angel Hair Pasta/Marinara Italian Blend Veggies - 1 cup Garlic Bread Fruit Salad	15 Salisbury Steak / Mushroom Gravy Mashed Potatoes Capri Blend Veggies Apricots Bread x2	16 Herb Roasted Salmon Rosemary Potatoes Lemon Walnut Broccoli Mandarin Oranges Breadstick	17
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27 Beef Stroganoff Seasoned Egg Noodles Seasoned Zucchini - 1 cup Whole Orange Wheat Dinner Roll	28 Orange Chicken White & Wild Rice Blend House Salad / Dressing Oriental Blend Veggies Pineapple Angel Cake Breadstick	29 BBQ Pork on Bun Sweet Potato Waffle Fries California Blend Veggies Heavenly Hash	30 Mediterranean Baked Fish Roasted Red Potatoes Scandinavian Blend Veggies Apple Dinner Roll	31

January 2025 - Rutland

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