

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No Meals Served 	3 Chicken and Noodles over Mashed Potatoes Monaco Veggie Blend Diced Peaches WW Dinner Roll	4 Taco Salad with Fritos Lettuce, Tomatoes, Cheese, Refried Beans Diced Pears Oatmeal Raisin Cookies Salsa, Sour Cream	5 Cheesy Ham and Potato Bake Sweet Peas Tropical Delight Pumpnickel Roll	6 Sliced Meatloaf with Gravy Tiny Whole Potatoes Old Fashioned Green Beans Apricots Garlic Cheese Biscuit
9 Hearty Beef Stew Buttered Lima Beans Fruit Cup Biscuit Chocolate Pudding	10 Pork Fritter on a Bun Roasted Red Potatoes California Mix Veggies Rosy Applesauce Ketchup, Mayo Pickles	11 Chicken Alfredo Steamed Broccoli Pineapple Chunks Breadstick	12 Country Fried Steak Mashed Potatoes and Country Gravy Mixed Vegetables Mandarin Oranges Yeast Dinner Roll	13 Cream of Broccoli Soup Sliced Cheese Fresh Grapes Salad Wafers Chocolate Chip Cookies
16 Salisbury Steak Mashed Potatoes and Gravy Corn Apricots Garlic Cheese Biscuit	17 Chili with Crackers Baby Whole Carrots Applesauce Cinnamon Roll	18 Sliced Ham topped with Cherry Sauce Sweet Potatoes Buttered Peas Diced Pears WW Dinner Roll	19 Manwich Potato Wedges Green Beans Fresh Gala Apple Ginger Cookies	20 Chicken Savoyard Wild and White Rice Breaded Tomatoes Diced Peaches Birthday Cupcake
23 Smothered Beef Burrito Refried Beans Spanish Rice Mandarin Oranges Salsa	24 Homemade Chicken Salad on a bed of Mixed Greens Fresh Pear Salad Wafers Peanut Butter Cookies	25 Open-Faced Roast Beef Sandwich Mashed Potatoes with Gravy Steamed Broccoli Fruit Cup	26 Pork Marsala over Long Grain Rice Buttered Spinach Spiced Apple Rings WW Dinner Roll	27 Penne Pasta with Meat Sauce Italian Veggie Mix Pineapple Chunks Breadstick Parmesan Cheese
30 Swedish Meatballs over Ribbon Noodles Capri Mix Veggies Tropical Fruit Mix WW Dinner Roll	31 Ham and Potato Soup Fresh Baby Whole Carrots with Ranch Dressing Warm Cinnamon Apples Cornbread	<h1>January 2012</h1> 		

Friendship Meals and Meals on Wheels of SN and JF Counties, Inc. invite you to join us for lunch.

Reservations are requested by 3:00 p.m. one day in advance. Reservations can be made at the centers or at our main office. Please see the back for sites and phone numbers.

An expected* donation of \$2.95 is encouraged for registered persons 60 years of age and older.

Those under 60 must pay the full price of the meal which is \$6.90.

*All contributions go back into the program for meal provision.

All Meals include Milk.

Menus are subject to change without notice
Food Stamps or Vision Cards accepted here