



Mon	Tue	Wed	Thu	Fri
Each meal consists of: 3oz protein, 2 servings of vegetables (1/2 cup each), 1 serving of fruit (1/2 cup), 2 servings of starch And fortified juice.	1 SENIOR CENTER CLOSED  for NEW YEAR'S DAY!	2 Toasted Bagel & Lox Cream Cheese Sliced Tomato, Onion & Cucumber Vegetable Soup Baked Apples	3 Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Sliced Melon Whole Wheat Dinner Roll Apple Pie	4 Herb Roasted Chicken (thigh) Sweet Potato Casserole Capri Blend Challah & Grape Juice Strawberry Shortcake *5:08pm
7 Roasted Vegetable Lasagna w/ White Sauce Green Beans Slice of Garlic Bread Orange	8 Chicken Cacciatore Couscous Italian Green Beans Pears Cookie	9 White Bean Chicken Chili Cornbread Coleslaw Pineapple Surprise Cookie	10 Open Faced Roast Beef w/ Gravy on Whole Wheat Bread Vegetable Medley Mashed Potatoes Green Apple Chocolate Babka	11 Cranberry Chicken (breast) Apple Stuffing Snap Peas Challah & 4 oz. Grape Juice Apple Pie * 5:15pm
14 Tuna Salad on a Challah Roll Lettuce, Tomato & Onion Vegetable Soup Green Apple	15 Cabbage Roll w/ Rice and Beef Mashed Potato Zucchini Pears Cake Happy Birthday!	16 Quiche with Broccoli & Cheddar Hash Brown Potato Grapes Whole Wheat Bread	17 Spaghetti with Turkey Meatballs Marinara Green Beans Garlic Bread Mixed Berries w/ Topping	18 Apricot Chicken (breast) Israeli Couscous Carrots Challah & Grape Juice Peach cobbler Tu Be Shevat Seder * 5:22pm
21 (2) Cheese Blintzes with Sour Cream Potato Pancake Cream Spinach Mandarin Oranges w/ Topping	22 Whole Wheat Spaghetti Turkey Meat Sauce Broccoli Bread Stick Melon Wedge	23 Baked Fish Rice Pilaf Squash Medley Red Apple Large Muffin	24 Chicken on Taco Salad with Chopped Lettuce Tomatoes, Onions & Black Olives Low Sodium Dressing Tortilla Chips Fruit Salad	25 Brisket Mashed Potatoes & Gravy Green Beans Challah & Grape Juice Sweet Kugel *5:30pm
28 Louisiana Tilapia Red Beans & Rice Succotash Apple Cookie	29 Roasted Turkey w/ Gravy Stuffing Capri Blend Vegetables Cranberry Compote Whole Wheat Dinner Roll	30 Beef Tips on Whole Wheat Noodles Oregon Blend Vegetables Breadstick Fresh Fruit Salad Cinnamon Babka	31 Chicken Salad in a Wrap with Pickles Cucumber & Tomato Salad Potato Salad w/ Red & Green Peppers & Onions Mandarin Oranges Cookie	 *Candle Lighting Times per Chabad.org