


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>January 2019 Lunch Menu</p>	closed	1 Ham steak 1 ea Rice ½ C Glazed Carrots ½ C Whole Wheat roll 1ea Dinner salad ½ C Mandarin orange ½ C	2 Cheeseburger 1 -4oz Cheese 1 slice Whole wheat bun 1 ea. Lettuce, tomato, pickle 1ea Steak fries ½ C Dinner Salad ½ C Tropical Fruit Cup C	3 Catfish fillet 4oz Tartar sauce and lemon Hush puppies ½ cup Corn O'Brian ½ cup Whole Wheat rolls Dinner salad Pudding Enhancement
7 Untidy Joseph 3oz Wheat Bun 1 ea Potato Cakes 1ea Glazed Carrots ½ C Dinner salad ½ C Brownies (enhancement)	8 Mushroom Chicken 1ea Wild Rice ½ C Glazed Carrots ½ C Whole Wheat rolls 1 Dinner salad ½ C Carrot cake (enhancement)	9 Cheeseburger 1- 4oz Cheese 1 slice Whole wheat bun 1 ea. Lettuce, tomato, pickle 1ea Steak fries ½ C Dinner Salad ½ C Tropical Fruit Cup ½ C	10 BBQ Pork 2+ oz Cauliflower ½ C Roasted potato ½ C Dinner salad ½ cup Whole Wheat rolls 1+ Strawberry shortcake (enhancement)	11 Ham and cheddar sandwich 2 wheat bread, cheese, 2 ham 2 Tomato soup 5 oz Potato Triangles 1ea Veg medley ½ C Pudding (enhancement)
14 Chicken Parmigianino 1ea Squash medley ½ C Pasta with Tomato ½ cup Whole Wheat roll 1 Dinner salad ½ C Berry shortcake (enhancement)	15 Sheppard's Pie. 1C Ground beef, carrots, peas Potato's Whole Wheat roll 1 Dinner salad ½ C Ice Cream (enhancement)	16 Ham steak 1 ea 4 oz Rice ½ C Glazed Carrots ½ C Whole Wheat roll 1ea Dinner salad ½ C Mandarin orange ½ C	17 Pasta with Meat Balls ½ cup, 1 lg meatball Mixed squashes ½ C Whole Wheat roll 1 Dinner salad ½ C Carrot Cake (enhancement)	18 Roast chgicken 4oz Roasted Potato 1/2c Broccoli ½ C Whole Wheat roll 1 Dinner salad ½ C Eclair Cake
21 BBQ Ham 1ea Au gratin potatoes ½ C Glazed Carrots ½ C Whole Wheat roll 1ea Dinner salad ½ C Mandarin orange ½ C	22 Quiche Lorraine 1/6 Fresh Fruit Garnish 3slices Rice Pilaf ½ cup Whole Wheat rolls Dinner salad ½ cup Pudding enhancement	23 Chicken breast 1 ea Egg noodles ½ C Peas and Mushrooms ½ C Whole Wheat roll 1ea Dinner salad ½ C Pears ½ C	24 Beef soft Taco 2+ oz 1 Tortilla, 1oz cheese. Pinto beans ½ C Whole Wheat roll 1 ea Dinner salad ½ C Pineapple ½ C	25 Chicken Catchatori 1ea Turmeric Rice ½ C Broccoli ½ C Whole Wheat roll 1 Dinner salad ½ C Eclair Cake
28 Chicken nuggets 5 ea Peas ½ C French fries ½ C Honey Mustard 1ea Whole Wheat rolls 1+ Dinner salad ½ cup Angel food cake 1 ea	29 Cheeseburger 1 -4oz Cheese 1 slice Whole wheat bun 1 ea. Lettuce, tomato, pickle 1ea Steak fries ½ C Dinner Salad ½ C Tropical Fruit Cup C	30 Chicken soft Taco 2+ oz 1 Tortilla, 1oz cheese. Rice ½ C Black beans ½ C Whole Wheat roll 1 ea Dinner salad ½ C Pineapple	31 Ham steak 1 ea Rice ½ C Glazed Carrots ½ C Whole Wheat roll 1ea Dinner salad ½ C Mandarin orange ½ C	Baked fish fillet 4oz French fry's ½ C Vegetable medley House Salad Dinner Roll 2x Pudding

The SRC Adult Day Program Participates in a USDA Funded Program and is an equal opportunity Employer. 1% Milk is offered with every meal