

CHAUTAUQUA COUNTY OFFICE FOR THE AGING
SENIOR NUTRITION PROGRAM

HOT

JANUARY 2012 - Hot Noon Menu

1/2 pint 1% Milk served with each meal / Meals subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>3 Souper Chicken Mashed Potatoes Peas & Onions Bread Cake /M: no icing (Margarine)</p>	<p>4 Polish Sausage w/ Sauerkraut German Potato Salad Juice, Bread Cookie/M: Diet (Margarine)</p>	<p>5 Stuffed Cabbage Casserole Green Beans Biscuit Applesauce (Margarine)</p>	<p>6 Roast Beef w/ Gravy Mashed Potatoes Carrots Rye Bread Baker's Choice (Margarine)</p>
<p>9 Baked Chicken Macaroni & Cheese Stewed Tomatoes Wheat Bread Brownie/M: Graham Sq (Margarine)</p>	<p>10 Goulash Oriental Vegetables Corn Bread Fruit Cocktail Chocolate Milk/M:White (Margarine)</p>	<p>11 Beef Stew Winter Squash Biscuit Tomato Juice Pudding/M: Diet (Margarine)</p>	<p>12 Cheesy Tuna Casserole Mixed Vegetables Apple Slices Bread (Margarine)</p>	<p>13 Hawaiian Chicken Rice Oriental Vegetables Muffin Mandarin Gelatin (Margarine)</p>
	<p>17 Meatloaf w/gravy Mashed Potatoes Beets, Bread Fruit Chocolate Milk/M: White (Margarine)</p>	<p>18 Baked Ham, Sweet Pot. Wax Beans, Bread Cake /M: no icing (Margarine)</p>	<p>19 Chili Carrots, Cornbread, Juice, Crackers Pudding /M: Diet (Margarine)</p>	<p>20 Stuffed Chicken Breast w/gravy Mashed Potato Spinach, Bread Baker's Choice (Margarine)</p>
<p>23 Spanish Rice Peas Muffin Fruit Cup (Margarine)</p>	<p>24 Roast Pork w/Gravy Mashed Potatoes Red Cabbage Bread Applesauce (Margarine)</p>	<p>25 Ground Beef Stroganoff with Mushrooms over Noodles Beets, Roll, Fruit Chocolate Milk/M: White (Margarine)</p>	<p>26 Chicken ala King Corn Biscuit Juice Fruit Dessert (Margarine)</p>	<p>27 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Bread Cookie (Margarine)</p>
<p>30 Italian Lasagna Spinach Garlic Roll, Juice Pudding/M: Diet (Margarine)</p>	<p>31 Turkey in Gravy Stuffing Winter Squash Juice Pie/M: Fruit</p>	 <p style="font-size: 2em; font-weight: bold; margin-top: 10px;">2012</p>		