

SENIOR CITIZENS MENU JANUARY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>ALL CENTERS CLOSED FOR NEW YEARS</p>	<p>3</p> <p>Meatloaf Macaroni and Cheese Green Peas Chilled Applesauce Whole Wheat Bread Choice of Milk</p>	<p>4</p> <p>Oven Baked Chicken Spanish Rice Steamed Broccoli Pineapple Upside-down Cake Whole Wheat Bread Choice of Milk</p>	<p>5</p> <p>Chicken Fried Steak w/ Cream Gravy Whipped Potatoes Mixed Vegetables Chilled Apricots Whole Wheat Roll Choice of Milk</p>	<p>6</p> <p>Beef Stew Pineapple Chunks Chocolate Pudding Swirl Fresh Baked Cornbread Choice of Milk</p>
<p>9</p> <p>Swedish Meatballs w/ Mushrooms/Gravy Egg Noodles Fried Okra Mandarin Oranges Whole Wheat Bread Choice of Milk</p>	<p>10</p> <p>Chicken Cacciatore Whipped Potatoes Sliced Carrots Bread Pudding w/ Rum Sauce Whole Wheat Roll Choice of Milk</p>	<p>11</p> <p>Sliced Ham Parmesan Baled Potato Green Beans w/Tomato Gelatin w/ Topping Whole Wheat Roll Choice of Milk</p>	<p>12</p> <p>Chicken and Dumplings Black-eyed Pea Salad Chilled Peaches Whole Wheat Bread Choice of Milk</p>	<p>13</p> <p>Pork Fritter served w/ Peppered Gravy Whipped Potatoes Carrot Raisin Slaw Purple Plums Whole Wheat Bread Choice of Milk</p>
<p>16</p> <p>ALL CENTERS CLOSED FOR</p> 	<p>17</p> <p>Tostado w/ Beef, Bean, Cheese, Lettuce Tomato Salsa, Sour Cream Pineapple Chunks Sugar Cookies Choice of Milk</p>	<p>18</p> <p>Pepper Steak Whipped Potatoes Yellow Squash Buttermilk Pie Whole Wheat Roll Choice of Milk</p>	<p>19</p> <p>Chicken Strips served w/ Cream Gravy Whipped Potatoes Mixed Vegetables Gelatin w/ Topping Whole Wheat Roll Choice of Milk</p>	<p>20</p> <p>Beans and Ham Tomato and Onion Salad Banana Pudding Fresh Baked Cornbread Choice of Milk</p>
<p>23</p> <p>Spaghetti w/ Meat Sauce Italian Vegetables Salad w/ Dressing Butterscotch Pudding Fresh Garlic Bread Choice of Milk</p>	<p>24</p> <p>Chicken and Dressing w / Gravy Green Peas Cranberry Salad Apple Jubilee Whole Wheat Roll Choice of Milk</p>	<p>25</p> <p>Idaho Potato w/ Taco Meat, Cheese, Onion Sour Cream, Salsa Lettuce, Tomato Sliced Pineapple Whole Wheat Bread Choice of Milk</p>	<p>26 Birthdays</p> <p>Beef Tips with Peppers /Tomatoes over Rice Seasoned Green Beans Orange Juice Birthday Cake Whole Wheat Bread Choice of Milk</p>	<p>27</p> <p>Chicken Parmesan Macaroni w/Tomatoes Mixed Greens Apricot Halves Whole Wheat Roll Choice of Milk</p>
<p>30</p> <p>Chopped BBQ on Bun w/ Onion Steamed Corn Sliced Peaches Lime Sherbet Choice of Milk</p>	<p>31</p> <p>Salisbury Steak Yellow Hominy Green Pea Salad Fruited Gelatin Wheat Roll Choice of Milk</p>			

ROSE PARK
DINING ROOM HOURS 11:30-12:15
TAKE-HOME MEALS 12:15-12:30PM

COBB , G.V. DANIELS, SEARS, S.PARK
LUNCH SERVED 11:30-12:15
TAKE-HOME MEALS 12PM – 12:15PM

MENUS SUBJECT TO CHANGE WITHOUT NOTICE

Birthday Cakes donated by:
Coronado Nursing Center
1751 N. 15th Abilene Texas 79604

