

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
HAPPY NEW YEAR NO MEALS	3oz BBQ Chicken, 1/2c Parslied Potatoes, 1/2c Broccoli, 1/2c Cooked Apples CM72B - CH11	3oz Meatloaf, Baked Potato, 1/2c Parslied Carrots, 3/4c Strawberries w/topping 1-3 - ME1	Pork Chop w/celery sauce, 1/2c Mashed Potatoes, 1/2c Green Bean Casserole, 1/2c Tropical Fruit BB22	3oz Hamburger w/Bun, 1/2c Tator Tots, 1/2c Baked Beans, 1/2c Pears B16
8	9	10	11	12
1 1/2c Goulash, 1/2c Coleslaw, 1/2c Mandarin Oranges 5-1A - HG1	3oz Baked Chicken, 1/2c Mashed Potatoes & Gravy, 1/2c Harvard Beets, 1/2c Peaches B15	Birthday Dinner	3oz Baked Ham, 1/2c Baked Sweet Potato, 1/2c Green Beans, 1/2c Tropical Fruit B7	4.5x6" Homemade Pizza, 1c Tossed Salad, 1/2c Peaches CM1
15	16	17	18	19
M.L. King, Jr. Holiday NO MEALS	Chicken Parmesan, 1/2c Scalloped Potatoes, 1/2c Corn O'Brien, 1/2c Tropical Fruit AA2	1c Lasagna, 1c Tossed Salad, 1/2c Mixed Fruit, French Bread AA7	3oz Roast Pork, 1/2c Mashed Potatoes & Gravy, 1/2c Harvard Beets, 1/2c Cooked Apples AA4	1 1/8c Beef Stew, WW Dinner Roll, 1/2c Pineapple Tidbits, 1/2c Cranberry Juice Cocktail B1
22	23	24	25	26
3oz Breaded Baked Fish, 1/2c Parsley Potatoes, 1/2c Glazed Carrots, 3/4c Pudding w/Fruit AA10	1 1/8c Chicken & Noodles, 1/2c Peas, 1/2c Pears B21	Hot Beef Sandwich, 1/2c Mashed Potatoes & Gravy, 1/2c Green Beans, 1/2c Peaches, 1/2c Vanilla Ice Cream BB3	BBQ Ribs, Baked Potato, 1/2c Carrots, 1/2c Blueberry Yogurt, Orange 11-3 - P5	2/3c Tator Tot Casserole, 1c Tossed Salad, 1/2c Baked Acorn Squash, Banana CM44
29	30	31		
3oz Baked Chicken Fried Steak, 1/2c Mashed Potatoes & Gravy, 1/2c Peas, 1/2c Apricots CM10	1c Turkey Tetrizzini, 1c Tossed Salad w/Fresh Tomato, 1/2c Mandarin Oranges AA15	3oz Liver and Onions, Baked Potato, 1/2c Green Beans, 3/4c Crunchy Cranberry Salad CM13	AVON DAKOTA SENIOR MEALS CALL 286-3692 TO RESERVE A MEAL	

NUTRITIONAL INFORMATION IS AVAILABLE AT THE SITE. ALL MENUS ARE SUBJECT TO CHANGE. ALL MEALS ARE SERVED WITH BREAD AND 1% MILK UNLESS OTHERWISE NOTED.