

# January 2010

## Defiance County Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4 <u>New Year's Special</u></b> Baked Ham Baked Potato Tossed Salad Golden Cornbread Baked Apples Chilled Grape Juice	5 Roasted Pork Chop Dressing Coleslaw Red Beets Whole Wheat Bread Mixed Fruit	<b>6 <u>Three Kings Day</u></b> Chicken Fajitas Stir Fry Rice Tropical Fruit Salad Pound Cake	7 Beef Pot Roast Mashed Potatoes Broccoli Whole Wheat Roll Applesauce	<b>8 <u>BIRTHDAY DINNER</u></b> Luscious Lasagna Green Beans Tossed Salad Warm Garlic Bread Peaches Birthday Cake
11 Pork with Sauerkraut Carrots Brussels Sprouts Applesauce Rye Bread Graham Crackers	12 Old-Fashion Meatloaf Seasoned Potatoes Mixed Vegetables Whole Wheat Roll Grape Juice	<b>13 <u>Winter Festival</u></b> Chili Mac Lima Beans Winter Blend Vegetables Whole Wheat Bread Alpine Snowflake Fruit	14 Turkey Pot Pie Mashed Potatoes Pineapple and Cottage Cheese Blueberry Muffin V-8 Juice	<b>15 <u>Soup Month</u></b> Chicken Noodle Soup Turkey and Swiss Cheese Sandwich Carrot and Celery Sticks Baked Apples V-8 Juice
18 Senior Services will be Closed in observance of Martin Luther King Jr. Day	19 Cheeseburger Sandwich Baked Beans Peach Slices Tossed Salad	20 Beef Roast Green Beans Carrots with Onions Whole Wheat Roll Fruit Cup	21 Sloppy Joe Rice Pilaf Peas and Onions Banana V-8 Juice	22 Pork Chop Seasoned Diced Potatoes Whole Wheat Roll Broccoli Sunshine Salad
25 Oven Fried Chicken Okra and Stewed Tomatoes Sweet Potatoes Orange Juice Whole Wheat Dinner Roll	26 Turkey and Swiss Sandwich Three Bean Salad Tropical Fruit French Onion Soup	27 Baked Fish Winter Blend Vegetables Lemon and Herb Penne Italian Bread Pineapple Tidbits	28 Chicken Salad Sandwich Cream of Vegetable Soup Mixed Green Salad Whole Wheat Bread Pear Halves	29 Beef Tips Over Buttered Noodles Brussels Sprouts Whole Wheat Bread Apricots Apple Juice

**To access meal ingredients, please contact us at 419-782-3321**

**Menus subject to changes in accordance with food availability**

**Low Fat, Low Sodium, High Flavor Frozen Meals are available at Your Senior Center  
 Call us for assistance - 419-782-3321**