

January

2022

HAPPY NEW YEAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Parsley Potatoes Roasted Brussel Sprouts Sliced Peaches Wheat Bread	4 Escaloped Chicken and Noodles Green Beans Cabbage Slaw Banana Wheat Bread	5 Ham Low Sodium Au gratin Potatoes Mixed Vegeables Garden Salad Fresh Pear Dinner Roll	6 Spanish Rice w/Meat Key West Vegetable Carrot Salad Fruit Cup Whole Wheat Roll	7 Chicken w/Gravy Red Skin Potatoes Mixed Vegetables Fruit Salad Dinner Roll
10 Stuffed Pepper Mashed Potatoes Garden Salad Tropical Fruit Salad Breadstick	11 Tuscan Chicken Red Skin Potatoes California Blend Apricots Dinner Roll	12 Beef Pastie w/Gravy Three Bean Salad Zucchini Cole Slaw Ambrosia Dinner Roll	13 Roasted Turkey w/Gravy Garlic Mashed Potatoes Asparagus Garden Salad Mixed Fruit/Muffin	14 Mostaccioli w/Meatsauce Carrots Romaine Salad Pear Slices Dinner Roll
17 Swedish Meatballs Noodles Scandinavian Blend Pea Salad Fruit Salad Dinner Roll	18 Pork Chop w/Sauerkraut Rosemary Roasted Potato Price Charles Blend Grapes Whole Wheat Bread	19 Chicken a la King Whole Potatoes Mixed Vegetables Fruit Salad Breadstick	20 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange Wheat Bread	21 Chicken Parmesan Vegetable rice Pilaf Cole Slaw Apple Breadstick
24 Macaroni & Cheese Herbed Green Beans Romaine Salad Fruit Cocktail Corn Muffin	25 Chinese Chicken Casserole Carrot Salad Oriental Blend Vegetable Grapes Dinner Roll	26 Italian Lasagna Italian Cut Green Beans Romaine Salad Fruit Medley Italian Bread	27 Pizza Three Bean Salad Creamy Cole Slaw Red Apple Cookie	28 Baked Cod Baked Potato Broccoli Cuts Apricots Dinner Roll
<div style="background-color: #1a237e; color: white; padding: 10px; border-radius: 15px;"> <h3 style="margin: 0;">Nutrition Menu</h3> <p style="margin: 0;">Lunch is served at OPC Mon - Fri at Noon Reservations required Call 248.659.1032 by 11 am the day prior COST OF LUNCH: 60 & over - \$3 donation Under 60 - \$4 charge</p> </div>				

Older Persons' Commission | 650 Leticia Drive | Rochester, MI | 48307 248.656.1403

The Senior Nutrition Program of the Area Agency on Aging 1-B is funded in part by the Federal Older Americans Act and the Michigan Department of Health & Human Services (MDHHS)/Aging and Adult Services Agency (AASA) and complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended, and Section 504 of the Social Rehabilitation Act of 1973 and is an Equal Opportunity Employer program. Reasonable accommodations will be provided upon notification or request. **Contact information: www.aaa1b.org • 1.800.852.7795**