

January MENU 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 OPC CLOSED NO DELIVERY USE FROZEN MEAL	3 Tuna Noodle Casserole Green Beans Cabbage Slaw Banana Wheat Bread	4 Ham Low Sodium Au Gratin Potatoes Mixed Vegetables Garden Salad Fresh Pear Dinner Roll	5 Spanish Rice w/Meat Key West Vegetable Carrot Salad Fruit Cup Whole Wheat Roll	6 Chicken w/Gravy Red Skin Potatoes Mixed Vegetable Fruit Salad Dinner Roll
9 Stuffed Pepper Mashed Potatoes Garden Salad Tropical Fruit Salad Breadstick	10 Tuscan Chicken Red Skin Potatoes California Blend Apricots Dinner Roll	11 Beef Calzone Three Bean Salad Zucchini Cole Slaw Ambrosia Dinner Roll	12 Roasted Turkey w/Gravy Garlic Mashed Potatoes Asparagus Garden Salad Mixed Fruit/Muffin	13 Spaghetti w/Meatsauce Green Beans Romaine Salad Banana Breadstick
16 Swedish Meatballs Noodles Scandinavian Blend Pea Salad Fruit Salad Dinner Roll	17 Pork Chop Sweet Potatoes Prince Charles Blend Grapes Whole Wheat Bread	18 Chicken a la King Whole Potatoes Mixed Vegetables Fruit Salad Breadstick	19 Italian Ravioli Savory Spinach Cabbage Pineapple Slaw Orange Wheat Bread	20 Beef Stroganoff Carrots Cole Slaw Apple Whole Wheat Bread
23 Macaroni & Cheese Herbed Green Beans Romaine Salad Fruit Cocktail Corn Muffin	24 Chinese Chicken Casserole Carrot Salad Oriental Blend Vegetable Grapes Dinner Roll	25 Italian Lasagna Italian Cut Green Beans Romaine Salad Fruit Medley Italian Bread	26 Pizza Three Bean Salad Creamy Cole Slaw Red Apple Cookie	27 Baked Cod Au Gratin Potatoes Broccoli Cuts Apricots Dinner Roll
30 Stuffed Cabbage Green Beans Romaine Salad Fresh Fruit Bread	31 Chicken Tenderloin Red Skin Potatoes Broccoli Cuts Orange Sections Bread			

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