

Elder Services of the Merrimack Valley
January 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 New Year's Day 2016 No Meals Served
4 Chicken Parmesan w/ Marinara Sauce and Pasta Mixed Vegetables Whole Wheat Dinner Roll Seasonal Fresh Fruit	5 Hamburger w/ Cheese on the side Potato Wedges Carrots Hamburger Bun Apple Crisp	6 Baked Pollock Fish with Lemon Sauce Veg Brown Rice Broccoli Florets Dinner Roll Rice Pudding/Diet pudding	7 Pasta Primavera with Chicken Green Beans Italian Scala bread Lemon Cookie/Diet Lorna Doones	8 Glazed Pork Loins Mashed Potatoes Capri Mixed Vegetables Multi grain bread Sliced Peaches
11 Swedish Meatballs Egg Noodles Chef Choice Vegetables Whole Wheat Dinner Roll Seasonal Fresh Fruit	12 Tomato & Onion Frittata Corn Herbed Peas Whole Wheat Bread Chocolate Pudding/Diet Pudding	13 <u>Monthly Special</u> Chicken Breast with Eggplant Caponata Candied Fresh Butternut Squash/ Parsley Carrots Herbed Garlic Dinner Roll Sugar Cookie	14 Low Sodium Hot Dog Low Sodium Baked Beans Mixed Vegetables Whole Wheat Hot Dog Roll Fruit Cocktail	15 Cheese Lasagna with Marinara Sauce Sautéed Spinach Dinner Roll Seasonal Fresh Fruit
18 Martin Luther King Day No Meals Served	19 Peach Glazed Chicken Scalloped Potatoes Broccoli and Cauliflower Whole Wheat Dinner Roll Seasonal Fresh Fruit	20 Beef Stew Peas and Parsnip Biscuit Sliced Peaches	21 <u>Monthly Birthday</u> Roast Turkey with Stuffing Carrots and Turnips Whole Wheat Dinner Roll Birthday Cake	22 Baked Salmon with Dill Sauce Mashed Sweet Potatoes Broccoli Florets Dinner Roll Ginger Cookie/Diet short bread cookie
25 Chicken A La King Brown Rice Cauliflower Whole Grain Bread Mixed Fruit	26 Spaghetti w/Meatballs and Sauce Peas Whole Wheat Bread Brownie	27 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Natural Grain Bread Sliced Pears	28 Baked Fish w/Red Pepper Sauce Brown Rice Pilaf Brussel Sprouts Dinner Roll Bread Pudding	29 BBQ Boneless Ribbettes Mashed Sweet Potatoes Carrots Whole Wheat Roll Seasonal Fresh Fruit