

SENIOR LUNCH MENU

January 2018



ZingerBug.com

Mon	Tue	Wed	Thu	Fri
1 	2 Italian Meat Sauce, Jefferson Noodles, Caesar Salad w/ dressing, Rosy Pears	3 Lemon Pepper Chicken w/gravy, Cheesy Spinach, Corn O'Brien, Fruit Trifle	4 Meat Lasagna, Tossed Salad w/ dressing, Berry Cup, Chocolate Brownie	5 Maple Glazed Pork Chop, Potato Fin- gers, Coleslaw, Fruit Cobbler
8 Beef Piccata, Baked Potato, Cheesy Broccoli & Cauliflower, Birth- day Cake	9 Spinach, Mush- room, Cheese Lasa- gna, Caesar Salad w/dressing, Straw- berries w/topping	10 Beef Tips w/ mushroom gravy, Parsley Noodles, Stewed Tomatoes, Fruit Crisp	11 Cheddar Baked Fish, Potato Fingers, Confetti Coleslaw, Peaches, Chocolate Chip Cookie.	12 Cranberry Glazed Pork Roast, Yam Pat- ties, Greens, Citrus Cup/Pound Cake
15  1929 1968	16 Crispy Baked Fish, Creamy Pasta Salad, Calico Cole- slaw, Strawberries/ Pound Cake	17 Beefy King Cas- serole , Tossed Sal- ad w/dressing, Peas/ Peanut Butter Cookie	18 Marinated Pork Roast, Pinto Beans, Sweet & Sour Cab- bage, Baked Ap- ples/Ginger Snaps cookie	19 Turkey Croquette, Parmesan Potatoes, Confetti Coleslaw, Fruit Trifle
22 Meatloaf, Mashed Potatoes/ gravy, Cheesy Spinach, Fruit Crisp	23 Tuna Noodle Casserole, Tossed Salad w/dressing, Fruit Cobbler	24 Chicken Rice Casserole, Cauli- flower w/red pep- pers, Brussel Sprouts, Mandarin Oranges/Cake	25 BBQ Beef Platter, Black Eyed Peas, Sliced Zucchini, Peach Cobbler, Cornbread	26 Teriyaki Chicken, Brown Rice, Green Beans, Poke Cake
29 Lemon Pepper Turkey, Sage Bread Dressing, Green Peas, Fruit Crisp	30 Cornflake Chick- en, DelMonico Po- tatoes, Coleslaw, Brownie	31 Salisbury Steak, Mashed Potatoes/ gravy, Cheesy Broccoli, Stewed Apricots/Prunes		

Healthy Tip of the Month :

Be Active

Regular physical activity lowers blood pressure and helps your body control stress and weight. Start by doing an exercise you can for at least 10 minutes at a time. Children and teens should get 60 or more minutes of physical activity per day, and adults should get two hours and 30 minutes per week. You don't have to hit the gym—take a walk after dinner or play a game of catch or basketball.

All meals are served with a choice of Skim or 2% Milk , and a Dinner Roll .

