

TITLE VI | 405-547-5407

JANUARY MENU & ACTIVITIES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED NEW YEAR'S DAY (Observed) 	3 Tater Tot Casserole Carrots Salad Apricots	4 Chicken Nachos W\ All Trimmings Black Beans Spanish Rice SF Cheesecake BP Checks Wellness & Health 11AM-1PM	5 Salmon Cakes Rice Pilaf Coleslaw Pudding	6
9 Chicken Pot Pie Salad Plums	10 Chopped BBQ Sandwich Potato Salad Tomatoes with Italian SF Cookies Title VI - Fitness 4 week Program begins 11AM-11:45AM	11 Meatballs with Marinara Capri Blend Garlic Toast Peaches BP Checks	12 Parmesan Tilapia Scalloped Potatoes Cape Cod Blend Pears	13
16 CLOSED MARTIN LUTHER KING, JR DAY (Observed)	17 Meatloaf Mashed Potatoes & Gravy Green Beans Can Fruit Title VI - Fitness Program 11AM-11:45AM	18 Beef Stroganoff California Blend Salad Carrot Cake BP Checks	19 Tuna Fish on Wheat Bread with Lettuce, Tomatoes Beets 3-Bean Salad Lemon Bars	20
23 Chicken Tenders New Potatoes with Gravy Veggie Blend Apple Tarts	24 Angus Burgers Pork N Beans Cucumber Salad SF Jello Cup Title VI - Fitness Program 11AM-11:45AM	25 Lasagna Italian Blend Salad Garlic Bread Tiramisu BP Checks	26 Baked Catfish Macaroni Salad Coleslaw Brownies	27
30 Smoked Sausage On a Bun Ranch Beans Baked Lays Fruit Cocktail	31 Florentine Pasta Tomato Soup Grilled Cheese Salad Dessert Title VI - Fitness Program 11AM-11:45AM	<p>Lunch Monday-Thursday 11:30AM-12:30PM</p> <p>MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>		