

January 2019

*HDM to receive Option A.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  CENTER CLOSED	2 Chicken Coq au Vin Chicken and vegetables topped with an elegantly balanced sherry reduction	3 A.) Egg Strada OR B.) Beef Liver & Onions	4 Soy Glazed Cod Fish (Low Sodium) Asian Style roasted cod fish topped with soy sauce reduction
7 Turkey Burger Turkey burger seasoned in teriyaki and topped with lettuce, tomato and cheese	8 Creamy Primavera Tuscan Chicken Pasta Cream sauce with broccoli, carrots, mushrooms and peas	9 Curried Egg Salad Sandwich House made curried egg salad served in an artisan whole grain roll	10 Chicken Madeira over Rice Madeira garlic cream sauce with fresh herbs and asparagus	11 Beef Bourguignon Classic hearty meat dish simmered with wine, carrots and vegetables
14 Balsamic Glaze Chicken A Senior Center Favorite! Chicken with balsamic sauce	15 Carnitas Taco Salad Pulled pork over crispy tortillas and topped with lettuce, tomato and cheese	16 Pasta and Meatballs Pasta in tomato sauce simmered with meatballs	17 Chile Egg Puff "A Senior Center Favorite"	18 Creamy Lemon Chicken Creamy lemon sauce over roasted baked chicken
21  CENTER CLOSED	22 Chicken Milano Chicken with garlic, sun-dried tomatoes and fresh basil.	23 Roasted Pork Loin and Gravy Taste of home roasted pork loin with gravy	24 Beijing Beef Beef strips sautéed with Asian spices, mixed peppers and an Asian vegetable medley	25 Tuna Salad Sandwich on Artisan Ciabatta Roll
28 Korean BBQ Beef Marinated beef strips marinated in Korean seasoning	29 BBQ Pulled Pork Sandwich BBQ Sauce, Pork & Hoagie	30 A.) Chile Egg Puff OR B.) Turkey Burger	31 Asian Sesame Chicken Salad Romaine, chicken, won ton strips, mandarin & Asian sesame vinaigrette	  Celebration of Life