

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARENET	JAN. 1	JAN. 2 *5	JAN. 3 *6	JAN. 4 *6
AVAILABLE NOW @ NUTRITION AND SERVICES FOR SENIORS EMERGENCY RESPONSE SYSTEMS CONTACT LOTTIE @ 892-4455 OR 722-7782 ONLY \$30.00 PER MONTH	CLOSED 	Chicken Parmesan w/Pasta Italian Mixed Vegetables Spiced Peaches Milk  Georgia's Admission Day	Meatloaf w/ gravy Mashed Potatoes Broccoli Cornbread Yogurt Juice  Alaska's Admission Day	Chicken & Dumplings Cauliflower w/ red peppers Garden Salad w/ Ranch dressing Roll Vanilla Pudding Milk  Nat'l Spaghetti Day
JAN. 7 *5	JAN. 8 *6	JAN. 9 *5	JAN. 10 *5	JAN. 11 *4
Cheese Omelet w/ Salsa Seasoned Potatoes Pinto Beans Biscuit Applesauce Juice  Nat'l Tempura Day	Turkey Burger Lettuce, tomato, bun mustard, mayo Tater Tots Green Peas Fruit Cup Milk  Nat'l Bubble Bath Day	Beef Stroganoff w/noodles Green Beans Roll Orange Slices Juice  Nat'l Apricot Day	Steak Fingers w/ Cream Gravy Mashed Potatoes Capri Blend Vegetables Chocolate Chip Cookie Milk  Volunteer Fireman's Day	Chicken Paprika Cabbage Steamed Baby Carrots Cornbread Diced Peaches Juice  Banana Boat Day
JAN. 14 *6	JAN. 15 *5	JAN. 16 *5	JAN. 17 *5	JAN. 18 *6
Crunchy Fish Patty Tartar Sauce Chuckwagon Corn Tater Tots Wheat Bread Yogurt Juice  Nat'l dress up your pet day	Beef Broccoli Stir Fry Brown Rice Carrots Roll Chocolate Fluff Milk  Martin Luther King Jr B-Day	Sausage w/ White Beans Okra & Tomatoes Cornbread Pineapple Chunks Juice  Nat'l Fig Newton Day	Chicken Fajitas w/Peppers and Onions Pinto Beans Spanish Rice Tortilla Fruit Cup Milk  Nat'l Fresh Squeezed Juice	Baked Ranch Chicken California Blend Vegetables Roll Pear Crisp Juice  Nat'l Hat Day
JAN. 21 *5	JAN. 22 *5	JAN. 23 *5	JAN. 24 *6	JAN. 25 *6
Chicken Divan Brown Rice Roll Peach Cobbler Milk  Nat'l Hugging Day	Beef Patty w/ Lima Beans Turnip Greens Cornbread Orange Slices Juice  Nat'l Pie Day	Pork Roast w/ gravy Mashed Potatoes Okra & Tomatoes Roll Diced Peaches Juice  Kazoo Day	Pizza Casserole Broccoli Garlic Toast Green Salad w/Italian Dressing Cinnamon Apples Milk  Global Belly Laugh Day	Dirty Rice w/ Beef Green Beans Yellow Squash Ambrosia Juice  Nat'l Irish Coffee Day
JAN. 28 *5	JAN. 29 *5	JAN. 30 *5	JAN. 31 *7	CARENET
Smothered Pork Chops Black-eyed Peas Brussels Sprouts Cornbread Sugar Cookie Juice  Nat'l Blueberry Pancake Day	Chicken Florentine w/Linguine Italian Mixed Vegetables Stewed Tomatoes Roll Lemon Pudding Milk  Nat'l Puzzle Day	Swiss Steak w/Peppers & Onions Mashed Potatoes Zucchini Roll Fruit Cup Juice  Nat'l Croissant Day	Baked Potato w/ BBQ beef Cheese Baked Beans Cole Slaw Spiced Peaches Milk  Backwards Day	

MILK OR JUICE SERVED WITH EACH MEAL
 SUBSTITUTIONS MAY BE MADE DUE TO DELIVERY OF PRODUCTS

*** INDICATES
 CARB EXCHANGES**