



JANUARY

Nutrition & Services for Seniors

Mon	Tue	Wed	Thu	Fri
3 Beef Tips w/Gravy Mashed Potatoes Carrots, Pears, Roll, Milk	4 Chili over Brown Rice w/ Shredded Cheese, Fire Roasted Corn, Corn- bread, Tossed Salad, w/ Dressing, Milk	5 Oven Fried Chicken, Macaroni & Cheese, Mustard Greens, Mixed Fruit Cup, Biscuit w/ Honey, Juice	6 Turkey & Swiss on Wheat, Lettuce/Tomato, Mayo/ Mustard, Coleslaw, Potato Salad, Choc Pudding, Juice	7 Baked Fish, Cali Blend Veggies, Baby Baker Persillade, Roll, Fruit Salad, Milk
10 Baked Ranch Chicken, Green Beans, Seasoned Rice, Roll, Yogurt, Juice	11 Meatloaf w/Tomato Sauce, Potato Wedges, Okra & Tomatoes, Roll, Fruit Cup, Milk	12 Cabbage Rolls, Potato Pancake, Carrot Coins, Roll, Pudding, Juice	13 Cheeseburger on Wheat Bun w/Trimmings, Tator Tots, Ranch Style Beans, Fresh Fruit, Yogurt	14 Spaghetti/Meat Sauce/ Parmesan, Garlic Knot, Zucchini/Yellow Squash Combo, Fruit Salad, Milk
17 Baked Chicken, Roasted Red Potatoes, Winter Mix Veggies, Roll, Juice	18 Pork Chop, Jollof Rice, Sautéed Cabbage, Fruit Cup, Roll, Milk	19 Sausage & Potatoes, Brussels Sprouts, Yogurt, Dinner Roll, Juice	20 Chicken Enchiladas w/ Red Sauce & Cheese, Tortilla, Refried Beans, Spanish Rice, Yogurt, Juice	21 Steak Fingers w/Gravy, Mashed Potatoes, Peas & Carrots, Peaches Roll, Milk
24 Chicken Alfredo w/Penne Pasta & Parm, Cali Blend Veggies, Garlic Knot, Yogurt, Juice	25 Salisbury Steak w/Gravy, Mashed Potatoes, Spinach, Cucumber/Onion/Tomato Slices, Roll, Milk	26 Lasagna, Italian Green Beans, Garlic Knot, Spiced Apples, Tossed Salad w/ Dressing, Milk	27 Cheese Omelet Topped w/Chuck Wagon Corn, Spanish Rice, Baked Beans, Tortilla, Juice	28 Teriyaki Chicken, Steamed Rice, Stir Fry Veg Blend, Roll, Fruit, Milk
31 Hamburger Steak w/Gravy, Mashed Potatoes, Mixed Veggies, Roll, Yogurt, Juice	<p>CARENET Available @NSS Emergency Response Systems Contact Lottie 409.892.4455 ONLY \$30.00 / MONTH</p>			

MILK OR JUICE SERVED WITH EACH MEAL
 SUBSTITUTIONS MAY BE MADE ACCORDING TO AVAILABILITY OF PRODUCTS