

## Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
<u>MENU SUBJECT TO CHANGE</u>  Your \$3.00 Donation is Appreciated!			1 <u>NEW YEAR'S DAY</u>  No Meal Served	2 Garlic Brown Sugar Chicken Lemon Seasoned Potatoes Roasted California Veg. Fresh Fruit Whole Wheat Bread
5 <b>Beef Bourginon</b> Garlic Mashed Potatoes Peas & Mushrooms Lorna Doone Cookies Italian Bread	6 <b>Chicken Stir-Fry</b> Rice Pilaf Roasted Broccoli Fresh Fruit Pumpnickel Bread	7 <b>Vegetable Cheese Bake</b> Red Bliss Potatoes Mixed Vegetables Chocolate Pudding Diet = SF Choc. Pudding Whole Wheat Bread	8 <b>Bahn Mi Pork w/BBQ Sauce</b> Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo	9 <b>Lentil Stew w/ Cheddar Cheese</b> Steamed White Rice Jardiniere Vegetables Fruited Ambrosia Marble Rye
12 <b>Ziti w/ Meat Sauce</b> Broccoli & Red Peppers Baked Apples Italian Bread	13 <b>Beef with Onions &amp; Peppers</b> Herb Potatoes Peas & Carrots Rice Krispie Treat Pumpnickel Bread	14 <b>Roast Pork w/ Gravy</b> Cranberry Stuffing Roasted Brussels Sprouts Pear Crisp Diet = Applesauce Whole Wheat Bread	15 <b>Chicken Cranberry Salad</b> Pasta Salad Tomato & Onion Salad Fresh Fruit Hot Dog Bun	16 <b>Bean &amp; Cheese Enchilada</b> Brown Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream
19 <u>MARTIN LUTHER KING DAY</u>  No Meal Served	20 <b>Lasagna &amp; Meatballs</b> Marinara Sauce Roasted Broccoli & Carrots Fresh Fruit Italian Bread	21 <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream	22 <b>Vegetarian Chili w/Cheese</b> Roasted Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread	23 <b>Fish w/ Crumb Topping</b> Au Gratin Potatoes Mixed Vegetables Tropical Fruit Pumpnickel Bread Tartar Sauce
26 <b>Shepherd's Pie</b> Carrots Peas Fresh Fruit Marble Rye Bread	27 <b>Buttermilk Chicken</b> Herb Stuffing Roasted California Veg. Tapioca / Diet Tapioca Whole Wheat Bread	28 <b>Potato w/ Chili &amp; Cheese</b> Roasted Broccoli Chocolate Mousse Pumpnickel Bread Sour Cream	29 <b>Hot Dog on Bun</b> Baked Beans Coleslaw Baked Apples Mustard	30 <b>Beef Stew</b> White Rice Corn Niblets Fruited Ambrosia Biscuit