

**MONTHLY MENU FOR PASCO COUNTY ELDERLY NUTRITION / MEALS ON WHEELS PROGRAM**

**MONTH: January, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>January 2</b>  <b>NEW YEAR HOLIDAY OBSERVED SITE CLOSED</b>  III</p>	<p><b>January 3</b> Frankfurter Orange Pineapple Juice Baked Beans w/Turkey Ham Baked Apple Chunks w/Raisins Hot Dog Bun/1 pk. Mustard Low Fat Milk</p>	<p><b>January 4</b> Bolognese Meat Sauce w/ Penne Pasta Italian Vegetable Medley Flat Beans 1 Slice Italian Bread Margarine Cup Mixed Fruit Low Fat Milk</p>	<p><b>January 5</b> Grilled Chicken Breast w/ Coq au Vin Sauce Glazed Carrots Broccoli &amp; Cheese Sauce 1 Slice Whole Grain Bread <b>Birthday Cake</b> Low Fat Milk  <b>BIRTHDAY CELEBRATION</b></p>	<p><b>January 6</b> Cheese Omelet w/ Western Sauce Orange Juice Potatoes O' Brien Cranberry Pears 1 Slice Whole Grain Bread Peanut Butter Low Fat Milk</p>
<p><b>January 9</b> Sliced Turkey w/ Country Pepper Gravy Potato Onion Soufflé Succotash 1 Slice Whole Wheat Bread Margarine Cup Sugar Cookie Low Fat Milk  IV</p>	<p><b>January 10</b> NY Charbroiled Beef Strip w/ Marsala Sauce Potato Au Gratin Peas &amp; Carrots 1 Slice Whole Grain Bread Margarine Cup Mandarin Oranges Low Fat Milk</p>	<p><b>January 11</b> Baked Chicken Thigh w/Mojo Sauce Vegetable Soup Spanish Rice Mixed Vegetables 1 Slice Whole Grain Bread Margarine Cup Peaches Low Fat Milk</p>	<p><b>January 12</b> Sausage and Bean Casserole Collard Greens Yellow Corn 1 Slice White Bread Mixed Fruit Low Fat Milk</p>	<p><b>January 13</b> Chicken Breast Patty w/ Honey Mustard Sauce Potatoes Florentine California Blend Vegetables 1 Slice Whole Wheat Bread Margarine Cup Pineapple Low Fat Milk</p>
<p><b>January 16</b>  <b>MARTIN LUTHER KING HOLIDAY  SITES CLOSED</b>  I</p>	<p><b>January 17</b> Pulled Pork w/ BBQ Sauce Warm Potato Salad Baked Beans Hamburger Bun Margarine Cup Mini Moon Pie Low Fat Milk</p>	<p><b>January 18</b> Sesame Chicken Breast Broccoli Cuts Gingered Carrots 1 sl. Whole Grain Bread Margarine Cups Pineapple Low Fat Milk</p>	<p><b>January 19</b> Swedish Meatballs with Swedish Sauce over Rotini Noodles Orange Pineapple Juice Mashed Butternut Squash Green Beans 1 Sl. Whole Grain Bread Margarine Cup 1 pk. Raisins Low Fat Milk</p>	<p><b>January 20</b> Breaded Pollack Cheese Grits Tomatoes &amp; Okra 1 Sl. Whole Grain Bread Fresh Orange Low Fat Milk</p>
<p><b>January 23</b> Cuban Pork Patty w/ Cuban Garlic Sauce Black Beans Yellow Rice Cuban Roll Pineapple Tidbits Low Fat Milk  II</p>	<p><b>January 24</b> Chicken Breast Patty with Cacciatore Sauce Rotini Noodles with Garlic Oil Broccoli Cuts Whole Grain Bread Margarine Cup Applesauce Low Fat Milk</p>	<p><b>January 25</b> New York Strip Steak Patty with Brown Gravy Skin On Garlic Mashed Potatoes Green Peas &amp; Mushroom Whole Grain Bread Margarine Cup Mandarin Oranges Low Fat Milk</p>	<p><b>January 26</b> Cream of Broccoli Soup Baked Chicken Thigh with Country Gravy Mixed Greens Black Eye Peas with Rice Cornbread 1 pk. Graham Crackers Low Fat Milk</p>	<p><b>January 27</b> Hamburger Patty with Slice Cheese Baked Beans Corn with Diced Tomatoes Hamburger Bun 1 pk. ea. Ketchup/Mustard Peaches Low Fat Milk</p>
<p><b>January 30</b> Sliced Meatloaf w/ Apple Brown Gravy Mashed Potatoes Tuscan Blend Vegetables 1 Slice Whole Grain Bread Margarine Cup Peaches Low Fat Milk  III</p>	<p><b>January 31</b> Frankfurter Orange Pineapple Juice Baked Beans w/Turkey Ham Baked Apple Chunks w/Raisins Hot Dog Bun/1 pk. Mustard Low Fat Milk</p>			<p><b>JANUARY 2017</b></p>