

# January 2012 Clermont Senior Services Menu

Call 536-4118 if you have questions regarding the menu

Monday 1/2	Tuesday 1/3	Wednesday 1/4	Thursday 1/5	Friday 1/6
Agency Closed Happy New Year	<b>Meatloaf w/ Gravy</b> Mashed Potatoes Carrots Bun Mixed Fruit  Diet: same	<b>Chicken Potato Casserole</b> Broccoli Wheat Bread / Margarine Apple Treat Animal Cookies Slice of Bread  Diet: same	<b>Rosemary Chicken</b> Red Skin Potatoes Vegetable Medley Wheat Bread (2 slices) / Margarine Pears  Diet: same	<b>Pineapple Ham Steak</b> Sweet Potato Patties (2) Peas Cornbread / Margarine Cranberry Juice Cake Slice of Bread  Diet: same
1/9	1/10	1/11	1/12	1/13
<b>Spaghetti &amp; Meatballs</b> w/ Marinara Sauce Italian Vegetables Spinach / Vinegar Dinner Roll / Margarine Peaches  Diet : same	<b>Chicken &amp; Gravy</b> Potato Wedges Green Beans Wheat Bread / Margarine Applesauce Animal Cookies Slice of Bread  Diet: same	<b>Derringer Club</b> Cinnamon Applesauce Macaroni Salad Tossed Salad with Dressing Fresh Baked Cookie Mayo  Diet: same	<b>Roast Turkey w/ Gravy</b> Mashed Potatoes Vegetable Medley Dinner Roll / Margarine Grape Juice (100%) Angel Food Cake Slice of Bread  Diet: same	<b>Chicken &amp; Noodles</b> w/ Gravy Green Beans Corn Wheat Bread / Margarine Fruit Cup
1/16	1/17	1/18	1/19	1/20
Agency Closed Martin Luther King Day	<b>Cheeseburger</b> Baked Beans Broccoli Bun Pineapple Tidbits Mustard/Ketchup  Diet: same	<b>Smoked Turkey Sausage</b> w/ Sauerkraut Mashed Potatoes Green Beans Rye Bread (2 slices) / Margarine Fruit Cocktail  Diet: same	<b>Grilled Chicken w/ BBQ Sauce</b> Potato Wedges Broccoli w/ Cheese Bun Pears  Diet: same	<b>Salisbury Steak w/Gravy</b> Parslied Potatoes Capri Vegetables Wheat Bread w/ Margarine Peaches Cake Slice of Bread  Diet: same
1/23	1/24	1/25	1/26	1/27
<b>Baked Chicken w/ Gravy</b> Herb Dressing Broccoli Cauliflower Wheat Dinner Roll / Margarine Strawberry Applesauce  Diet: same	<b>Roast Turkey &amp; Gravy</b> Mashed Potatoes Capri Vegetables Dinner Roll / Margarine Grape Juice Chocolate Cake Slice of Bread  Diet: same	<b>Turkey Ham &amp; Beans</b> Capri Vegetables Cornbread / Margarine Fruited Jello Goldfish Graham Crackers Slice of Bread  Diet: same	<b>Turkey &amp; Swiss on Wheat</b> Fruit Cup Cole Slaw Diced Beets Fresh Baked Cookie Mustard  Diet: same	<b>Chili w/ Spaghetti</b> Vegetable Medley Tossed Salad w/ Italian Cheddar Cheese Saltine Crackers (4 Crackers) Baked Cinnamon Apples  Diet: same
1/30	1/31	Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup each), 1 serving of Fruit (1/2 cup) or Juice (4 oz), 2 servings of Bread/Starch, and 8 oz Milk		This institution is an equal opportunity provider. In discriminating on the basis of race, color, national organ, sex, age, or disability. To file a complaint of discrimination write USDA, Director Office of Civil Rights Room 326-W Whitten Building, 1400 Independence Ave, S.W. Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD)
<b>Derringer Club</b> Cinnamon Applesauce Macaroni Salad Tossed Salad with Dressing Fresh Baked Cookie Mayo  Diet : same	<b>Chicken Vegetable Stew</b> w/Carrots, Red Skin Potatoes, Peas, Green Beans Wheat Dinner Roll / Margarine Upside Down Pineapple Dessert Slice of Bread  Diet: same			