

# Area Agency on Aging Region X Menu Plan

Jan-26

Monday	Tuesday	Wednesday	Thursday	Friday
			1-Jan	2-Jan
			Happy New Year!	Meatloaf w/ Ketchup
				Mashed Potatoes w/ Gravy
				Candied Carrots
				Apricots
				Wheat Roll
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
Taco Salad w/ Meat, Cheese, Beans	Chicken and Stuffing Casserole	BBQ Pork Riblet	Hamburger Stew	Cook's Choice
Lettuce, Tomatoes, & Onion	Broccoli	Bun	w/ Carrots, Corn, Green Beans, Peas	
Fruit Cocktail	Harvard Beets	Baked Potato w/ sour cream	Dark Green Leafy Salad w/ Spinach	
Tostitos	Rosie Applesauce	Roasted Cauliflower	Wheat Roll	
Pudding	Wheat Roll	Peaches	Warm Spiced Pineapple	
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
12-Jan	13-Jan	14-Jan	Birthday Dinner! 1/15/2025	16-Jan
Ham and Beans	Frito Chili Pie	Creamy Potato Soup	Homemade Lasagna	Biscuits and Gravy
Roasted Potatoes	Buttered Corn	Hot Ham & Cheese Sandwich	Green Beans	Sausage
Spinach	Dark Green Leafy Salad/Spinach	Dark Green Leafy Salad	Dark Green Leafy Salad	Scrambled Eggs
Cornbread	Orange Jello w	Warm Spiced Peaches	Garlic Bread	Hashbrown
Brownie	Fruit		Birthday Cake with Fruit	Apple Juice
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
Hamburger Stew	Fried Fish Filet	Spaghetti Red w/ diced pickle & onion	Polish Sausage On a Bun	Cook's Choice
w/ Carrots, Corn, Green Beans, Peas	Sweet Potato Fries	Dark Green Leafy Salad w/ Spinach	Sauerkraut	
Dark Green Leafy Salad w/ Spinach	Spinach	Mixed Vegetables	Homemade Potatoes Salad	
Wheat Roll	Wheat Bread	Crackers	Brussel Sprouts	
Warm Spiced Pineapple	Tropical Fruit	Peaches	Orange Juice	
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk
26-Jan	27-Jan	Cultural 28-Jan	29-Jan	30-Jan
Beef Enchiladas Casserole	Chicken Pot Pie	Korean Ground Beef	Chicken Alfredo w/ Linguini	Hot Dog w/ chili & cheese
Lettuce, Tomatoes, and Onion	Mixed Vegetables	Served Over Rice	Broccoli	Bun
Refried Beans	Harvard Beets	Oriental Vegetables	Garlic Bread	Coleslaw
Spanish Rice	Wheat Roll	Mandarin Oranges	Dark Green Leafy Salad	French Fries
Pineapple	Warm Cinnamon Apples	Fortune Cookie	Sliced Pears	Tropical Fruit
Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk	Coffee/Tea/Milk