

**Area Agency on Aging Region X Menu Plan**

Jan-25

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1st - Happy New Year!</b> Closed for Holiday!	<b>2nd</b> Chicken and Noodles Harvard Beets California Blend Vegetables Warm Spiced Pineapple Wheat Roll Coffee/Tea/Milk	<b>3rd</b> Cook's Choice  Coffee/Tea/Milk
<b>6th</b>	<b>7th</b>	<b>8th</b>	<b>9th</b>	<b>10th</b>
German Meatballs w Sauerkraut Mashed Potatoes Brussel Sprouts Baked Apples w/ Cinnamon Wheat Roll Coffee/Tea/Milk	Chicken Pot Pie Mixed Vegetables Harvard Beets Wheat Roll Plums Coffee/Tea/Milk	Salisbury Steak Mashed Potatoes w/ Gravy Buttered Corn Dark Green Leafy Salad Pears/ Wheat roll Coffee/Tea/Milk	Cornbread Pork Cutlet w/ gravy Mashed Potatoes Buttered Carrots Wheat Roll Pears Coffee/Tea/Milk	Biscuits and Gravy Sausage Scrambled Eggs Hashbrown Orange Juice Coffee/Tea/Milk
<b>13th</b>	<b>14th</b>	<b>15th</b>	<b>16th</b>	<b>17th</b>
Meatloaf w/ Ketchup Mashed Potatoes w/ Gravy Candied Carrots Apricots Wheat Roll Coffee/Tea/Milk	Creamy Potato Soup Hot Ham & Cheese Sandwich Dark Green Leafy Salad Warm Cinnamon Apples Vanilla Ice Cream Coffee/Tea/Milk	Goulash w/ Tomatoes and Onion Green Beans Dark Leafy Green Salad w/ Spinach Garlic Roll Pound Cake w/ Strawberries Coffee/Tea/Milk	Oven Fried Chicken Mashed Potatoes w Gravy Pea & Carrots Wheat Roll Birthday Cake w Fruit Coffee/Tea/Milk	Cooks Choice  Coffee/Tea/Milk
<b>20th</b>	<b>21st</b>	<b>22nd</b>	<b>23rd</b>	<b>24th</b>
BBQ Chicken Potato Salad Marinated Tomato Salad Peach Crisp Wheat Roll Coffee/Tea/Milk	Taco Salad (meat, cheese, & beans) Lettuce, Tomatoes, & Onions Tropical Fruit Tostitos Pudding Coffee/Tea/Milk	Fried Fish Filet Sandwich Green Beans Spinach Wheat Bread Mandarin Oranges Coffee/Tea/Milk	Cheeseburger w/ Bun Lettuce, Tomato, Onion, Pickle Potato Wedges Harvard Beets Apple Crisp Coffee/Tea/Milk	Chicken Tenders Baked Sweet Potatoes California Blend Wheat Roll Warm Spiced Pears Coffee/Tea/Milk
<b>27th</b>	<b>28th Caldereta Filipino stew</b>	<b>29th</b>	<b>30th</b>	<b>31st</b>
Chili with Beef and Beans Coleslaw Baked Potato w/ sour cream Cinnamon Rolls Crackers Coffee/Tea/Milk	Beef & Chorizo Stew Rice California Blend Veggies Pineapple Wheat Roll Coffee/ Tea Milk	Chicken Fried Steak/ white gravy Mashed Potatoes Broccoli Wheat Roll Peaches Coffee/Tea/Milk	Lasagna / w Meat Sauce Dark Green Leafy Salad Italian Blend Veggies Garlic Bread Brownie Coffee/Tea/Milk	Cooks Choice  Coffee/Tea/Milk

**The Center**  
 303 N. Main Street  
 P.O. Box 86  
 Carl Junction, MO 64834  
 (417) 649-6437