

SENIOR CAFÉ COLD MENU/JANUARY 2020

For reservations, please call 422.1423 before 4pm the day before. For Mondays call on Fridays.

			THURS.1/02/20	FRIDAY 1/03/20
			Roast Turkey Sandwich, Carrot & Pineapple Salad, Apple Juice, Milk Multigrain Bread, Sliced Pears	Roast Beef Sandwich, Coleslaw, L.S. V-8 Juice, Milk, Kaiser Roll, Seasonal Fresh Fruit
MON. 1/06/20	TUES. 1/07/20	WED. 1/08/19	THURS.1/09/20	FRIDAY 1/10/20
Egg salad sandwich Beet salad, Apple juice Milk Whole wheat bread Sliced pears	L.S. Ham Sandwich, Pasta & vegetable salad, pineapple juice, milk, seedless rye bread, seasonal fresh fruit	Roast turkey sandwich, carrot raisin salad, apple juice, milk, multi grain bread, tapioca pudding, fresh/ canned fruit	Tuna salad sandwich, cucumber salad, grape juice, milk, potato bread, apricot halves	Chicken salad sandwich, corn and black bean salad, L.S. V-8 juice, milk, Kaiser roll, mandarin orange segments
MON. 1/13/20	TUES. 1/14/20	WED. 1/15/20	THURS. 1/16/20	FRIDAY 1/17/20
Cottage cheese, pineapple chunks, apple juice, milk, raisin bread, graham crackers	Chicken salad sandwich, green bean salad, grape juice, milk, whole wheat bread, seasonal fresh fruit	Shrimp salad sandwich, potato salad, L.S. V-8 juice, milk, potato bread, chocolate chip cookies (2), fresh or canned fruit	Roast beef sandwich, coleslaw, orange juice, milk, seedless rye, apricot halves	Roast turkey sandwich, marinated mixed vegetable salad, pineapple juice, milk, multigrain bread, sliced apples
MON. 1/20/20	TUES. 1/21/19	WED. 1/22/19	THURS. 1/23/19	FRIDAY 1/24/19
CENTER CLOSED IN HONOR OF DR. MARTIN LUTHER KING DAY	Egg salad sandwich, three bean salad, grape juice, milk, pumpernickel, mango chunks	L.S. Ham sandwich, beet salad, L.S. V-8 juice, milk, seedless rye, seasonal fresh fruit	Roast turkey sandwich, marinated mixed vegetable salad, apple juice, milk, Italian bread, rice pudding, fresh or canned fruit	Swiss cheese sandwich w/sliced lettuce & tomato, carrot raisin salad, pineapple juice, milk, 12 grain bread, apricot halves
MON. 1/27/20	TUES. 1/28/20	WED. 1/29/20	THURS. 1/30/19	FRIDAY 1/31/20
Egg salad sandwich, green bean salad, grape juice, milk, whole wheat bread, paradise fruit blend	Mozzarella cheese sandwich w/sliced tomato, pesto pasta & veg. salad, orange juice, milk, Italian bread, seasonal fresh fruit	Salmon salad sandwich, cucumber salad, apple juice, milk, potato bread, mandarin orange segments	Chicken salad sandwich, carrot raisin salad, L.S. V-8 juice, milk, seedless rye bread, apricot halves	Roast turkey sandwich, orange cous cous salad, pineapple juice, milk, multigrain bread, pitted prunes