

	<p>Tuesday, December 29</p>	<p>Wednesday, December 30</p>	<p>Thursday, December 31</p>	<p>Friday, January 1</p>
<p>Monday, January 4 BBQ Chicken Breast Baked Potato w/ Sour Cream California Normandy Bread/ Margarine Jello / whip topping 8 oz. Low Fat Milk</p>	<p>Tuesday, January 5 Sallisbury Steak / Gravy Mashed Potato Green bean Bread/ Margarine Frosted Cake 8 oz. Low Fat Milk</p>	<p>Wednesday, January 6 Chicken Wild Rice Casserole Oriental Blend Peaches Bar 8 oz. Low Fat Milk</p>	<p>Thursday, January 7 Beef Tips Mashed Potatoes / gravy Country Blend Veg Apricots Frosted Cake 8 oz. Low Fat Milk</p>	<p>Friday, January 8</p>
<p>Monday, January 11 Ham& Scalloped Potato Peas Bread/ Margarine Fruit Cobbler 8 oz. Low Fat Milk</p>	<p>Tuesday, January 12 Spaghetti Green & Wax Beans Fruit Cocktail Garlic Bread Cookie 8 oz. Low Fat Milk</p>	<p>Wednesday, January 13 Pork tenderloin Candied yams Broccoli Bread/ Margarine Bar 8 oz. Low Fat Milk</p>	<p>Thursday, January 14 Baked Fish Augratin Potatoes Green Bean Blend Bread / Margarine Jello 8 oz. Low Fat Milk</p>	<p>Friday, January 15</p>
<p>Monday, January 18 Chicken Noodle Casserole Mixed Vegetables Peaches Cookie 8 oz. Low Fat Milk</p>	<p>Tuesday, January 19 Baked Ham Boiled Cabbage Sliced Carrots Bread/ Margarine Brownie 8 oz. Low Fat Milk</p>	<p>Wednesday, January 20 Roasted Turkey with gravy Mashed Potato Squash Dressing Pumpkin bar 8 oz. Low Fat Milk</p>	<p>Thursday, January 21 Tater Tot Hotdish Green Beans Bread / Margarine Peaches 8 oz. Low Fat Milk</p>	<p>Friday, January 22</p>
<p>Monday, January 25 Sausage Gravy Biscuit Peas & Carrots Applesauce Cookie 8 oz. Low Fat Milk</p>	<p>Tuesday, January 26 Goulash Green Beans Tropical Fruit Bread/ Margarine 8 oz. Low Fat Milk</p>	<p>Wednesday, January 27 Vegetable Beef Soup 1/2 Ham sandwich Pears Frosted Cake 8 oz. Low Fat Milk</p>	<p>Thursday, January 28 Swedish Meatballs Mashed Potatoes/Gravy Carrots Bread / Margarine Jello / whip topping 8 oz. Low Fat Milk</p>	<p>Friday, January 29</p>

This service is funded in part by a contract from the Area Agency on Aging with funding from the Federal Older Americans Act through the Minnesota Board on Aging. Additional funds are provided by the State of Minnesota, United Ways, local communities, a older adult contributions. Approved by: Vanessa Berg MS LD CDE. Posted menu is regular diet. Diabetic, sodium, a fat restricted diets available upon request. Regular menu provides average of 700-800 calories.