

Jan. 2019

Clarke County Senior Center Menu

MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE

MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Center closed	<p>Center Closed</p> 	2. Beef Burger on Bun, Roasted Red Potatoes, Garden Salad, Baked Apples, and Milk	3. Chicken Parmesan, Pasta w/Marinara Sauce, Buttered Kale, Squash, Chocolate Pudding, Fruit Salad, Whole Grain Bread and Milk	4. BBQ Chicken, Baked Beans, Steamed Carrots, Bread Pudding, Applesauce, Whole Grain Bread, and Milk
Center closed	8. Baked Ham, Rice Pilaf, Roasted Yams, Peas, Fruit of Choice, Whole Grain Bread and Milk	9. Turkey w/Gravy, Mashed Potatoes, Broccoli, Baked Apples, Rice Pudding, Whole Grain Bread and Milk	10. Hearty Chili, Spinach Salad, Oatmeal Cookie, Peaches, Corn Bread and Milk	11. Egg Salad Sandwich, Vegetable Soup, Beets, String Cheese, Chocolate Pudding, Pineapple, and Milk
Center closed	15. Herbed Chicken Breast, Bread Dressing, Peas and Carrots, Mixed Salad, Pears, Whole Grain Bread and Milk	16. Oven Baked Pork Chop, Rice, Baked Beans, Broccoli, Strawberry Jell-O Salad, Whole Grain Bread, and Milk	17. Italian Casserole, Roasted Zucchini, Fruit Salad, Whole Grain Bread and Milk	18. Center Closed
Center closed	22. Salisbury Steak w/Beef Gravy, Buttered Rice, Roasted Cabbage, Pinto Beans, Peaches, Whole Grain Bread and Milk	23. Breaded Fish Fillet Sandwich on Bun, Baked Beans, Collard Greens, Pineapple and Milk	24. Spaghetti w/ Meat Sauce, Green Beans, Squash, Apple Sauce, Whole Grain Bread and Milk	25. Cheesy Macaroni and Ham, Mashed Potatoes, Butter Beans, Mandarin Oranges, Corn Bread and Milk
Center closed	29. Meatloaf, Scalloped Potatoes, Carrots, Apple Crisp, Sliced Whole Grain Bread and Milk	30. Cheesy Chicken Casserole, Butter Beans, Fruit Cocktail, Whole Grain Bread and Milk	31. Baked Fish, Buttered Rice, Spinach, Zucchini, Strawberry Jell-O Salad, Whole Grain Bread and Milk	

If you will not be home to receive your meal please call 540-955-3572 the day before delivery.