
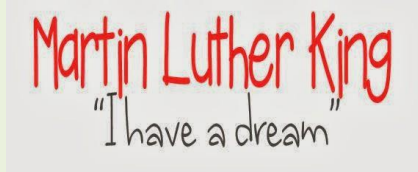


JANUARY

Winchester Senior Center Menu

Meals Are Subject to Change without Notice

MON	TUESDAY	WEDNESDAY	THURSDAY
<p>All Meals are served with Whole Grain Bread and 2% Milk When you need to cancel a meal call 540-662-5433</p>	<p>1 CENTER CLOSED – HAPPY NEW YEAR </p>	<p>2 Baked Ham Rice Pilaf Roasted Yams Sautéed Peas Fruit</p>	<p>3 Roasted Turkey W/ Gravy Mashed Potatoes Seasoned Broccoli Baked Apples Rice Pudding</p>
<p>7. Sweet & Sour Chicken Over Rice Green Beans Peach Crisp</p>	<p>8. Herbed Chicken Breast Bread Dressing Carrots & Peas Mixed Salad Pears</p>	<p>9. Oven Baked Pork Chop Rice Pilaf Baked Beans Broccoli Strawberry Jell-O Salad</p>	<p>10. Italian Casserole Roasted Zucchini Fruit Salad (No Milk)</p>
<p>14. Salisbury Steak W/ Beef Gravy Buttered Rice Roasted Cabbage Pinto Beans Peaches</p>	<p>15. Fish Filet Sandwich Baked Beans Collard Greens Pineapple</p>	<p>16. Spaghetti W/Meat Sauce Green Beans Squash Applesauce</p>	<p>17. Cheesy Macaroni & Ham Casserole Mashed Sweet Potatoes Butter Beans Mandarin Oranges Corn Bread (No Milk)</p>
<p>21. Center Closed – </p>	<p>22. Baked Fish Buttered Rice Steamed Spinach Roasted Zucchini Pineapple</p>	<p>23. Home Style Meatloaf Scalloped Potatoes Carrots Apple Crisp</p>	<p>24. Baked Ranch Chicken Macaroni & Cheese Seasoned Broccoli Strawberry Jell-O Salad</p>
<p>28. Smothered Pork Chop W/Mushroom Gravy Bread Dressing Mashed Sweet Potatoes Pea Salad Oranges</p>	<p>29. Beef or Turkey Burger Roasted Red Potatoes Garden Salad Baked Apples</p>	<p>30. Chicken Parmesan Pasta W/ Marinara Sauce Salad Squash Bread Pudding</p>	<p>31. BBQ Chicken Baked Beans Steamed Carrots Chocolate Pudding Applesauce (No Milk)</p>