


# January Branch Congregate Hot Meal

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  NO MEAL SERVICE	<b>2</b>  NO MEAL SERVICE	<b>3</b>  NO MEAL SERVICE	<b>4</b> MACARONI AND CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	<b>5</b>  NO MEAL SERVICE
<b>8</b> SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm CORNBREAD MUFFIN 30gm	<b>9</b> VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS CARAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	<b>10</b>  NO MEAL SERVICE	<b>11</b> DIRTY RICE 14gm BLACKEYED PEAS 21gm CHERRY COBBLER 20gm WHOLE GRAIN ROLL 35gm	<b>12</b>  NO MEAL SERVICE
<b>15</b> Martin Luther King Jr. Day  NO MEAL SERVICE	<b>16</b> VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	<b>17</b>  NO MEAL SERVICE	<b>18</b> FRENCH TOAST BAKE 27gm RUTABAGA HASH 4gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm	<b>19</b>  NO MEAL SERVICE
<b>22</b> SPAGHETTI & MEAT SAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	<b>23</b> BBQ PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm HAMBURGER BUN 26gm	<b>24</b>  NO MEAL SERVICE	<b>25</b> BEEF TIPS WITH GRAVY 3gm MASHED POTATOES 17gm GREEN BEANS AND CARROTS 7gm PEACHES AND CREAM 12gm WHOLE GRAIN ROLL 35gm	<b>26</b>  NO MEAL SERVICE
<b>29</b> MEAT LASAGNA 49gm HARVARD BEETS 8gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm	<b>30</b> CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>31</b>  NO MEAL SERVICE		
	Monday, Tuesday, and Thursday from 11:30am -12:30pm. \$3.00 suggested donation for seniors 60+ and \$7.00 fee for those under the age of 60.			