

January 2025 Menus

Milk and beverages served daily.

Meals Prepared by: Blair Senior Services, Inc.
Registered Dietician: Teri Henry, RDN, LDN

Monday	Tuesday	Wednesday	Thursday	Friday
		NEW YEAR'S DAY AGENCY CLOSED	Turkey & Provolone Sandwich on a Whole Wheat Roll Chicken Rice Soup with Saltines Mandarin Oranges	Cheese Ravioli with Marinara Sauce Italian Blend Vegetables Diced Peaches Vanilla Pudding
Sausage Sandwich with Peppers & Onions French Fries Roasted Brussels Sprouts Diced Pears in Strawberry Gelatin	Baked Chicken Breast with Gravy AuGratin Potatoes Mixed Vegetables Fruit Cocktail Whole Wheat Roll	Cheese Omelet Sausage Patty Biscuit with Sausage Gravy Hash Brown Patty Orange	Scalloped Chicken Mashed Potatoes with Gravy Monte Carlo Vegetables Applesauce	Grilled Cheese Sandwich Tomato Soup with Crackers Vanilla Greek Yogurt & Mandarin Orange Parfait
Spaghetti & Meatballs with Marinara Sauce Italian Blend Vegetables Triple Berry Blend Italian Bread	Chef Salad with Ranch Dressing Applesauce Chocolate Chip Cookie Whole Wheat Roll	Breaded Chicken Tenders with Honey Mustard Dipping Sauce AuGratin Potatoes Honey Glazed Carrots Pears in Cherry Gelatin	Beef Stew Biscuit Monte Carlo Vegetables Strawberry Mousse	Vegetable Quiche Tater Tots French Cut Green Beans Orange
MARTIN LUTHER KING, JR DAY AGENCY CLOSED	Roast Pork with Gravy Mashed Potatoes Sauerkraut Apple Juice Whole Wheat Roll	Breaded Chicken Patty Sandwich on a Whole Wheat Roll Vegetable Beef Soup with Crackers Mandarin Oranges	Meatloaf with Gravy Mashed Potatoes Steamed Broccoli Florets Diced Peaches Chocolate Pudding	Egg Salad Sandwich on a Whole Wheat Roll Vegetable Barley Soup with Crackers Applesauce
Hamburger on a Whole Wheat Roll Potato Salad Strawberries Chocolate Chip Cookie	Kielbasa & Pierogies Steamed Broccoli Florets Vanilla Greek Yogurt & Diced Peach Parfait	Swedish Meatballs Buttered Noodles Monte Carlo Vegetables Mandarin Oranges in Orange Gelatin	BBQ Chicken AuGratin Potatoes Mixed Vegetables Fruit Cocktail Ice Cream Cup Whole Wheat Roll	Cheese Pizza Tossed Salad with Red Wine Vinaigrette Mandarin Oranges