

LUNCH CALENDAR

JANUARY, 2023

Whole grain bread or an alternate and 2% milk are offered with each meal. Lunch reservations are required at least 24 business hours in advance. **Menu is subject to change.** The Fulton County Meal Program is financed with meal donations, local levy funds, and AOoA grant funding. Ingredient information is available upon request.

Meal Reservations: 419-337-9299

LS Alt = Lower Sodium Alternative **(Items must be ordered at least one week in advance)**

SUGGESTED DONATION: \$3.00. LUNCH SERVED AT NOON.

LF Alt = Low Fat Alternate **(Items must be ordered at least one week in advance)**

Checks Payable to: Fulton County Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR NEW YEARS DAY	3 Sloppy Joes Roasted Potatoes Malibu Blend Vegetables Pears	4 Breaded Pork Chops Mashed Potatoes Peas & Carrots Fresh Fruit Pudding	5 Baked Fish Macaroni & Cheese Stewed Tomatoes Mandarin Oranges Juice	6 Beef Stew Buttered Beets Fruit Crunch
9 Grilled Bratwurst w/Peppers & Onions (LS Alt=Turkey Franks) O'Brien Potatoes Brussels Sprouts Pineapple	10 Salisbury Steak or Liver & Onions Mashed Potatoes Green Beans Mixed Fruit	11 Pasta w/Meatballs Steamed Broccoli Cream Style Corn Apples	12 Potato Soup Turkey Sandwich Cucumber Salad Sunshine Salad	13 Pot Roast Boiled Potatoes Carrots Oranges Yogurt
16 CLOSED FOR MLK DAY	17 Chicken Tenders Rosemary Potatoes Winter Blend Vegetables Peaches Cookies	18 Biscuits & Gravy Hash Brown Casserole Corn Pudding Tropical Fruit	19 Chili con Carne Mexican Style Rice Summer Squash Dark Sweet Cherries Juice	20 Cheese Burgers Seasoned Potato Wedges Steamed Spinach 5 Cup Salad
23 Baked Chicken Roasted Root Vegetables Scandinavian Blend Cranberry Relish	24 Steamed Franks (LS Alt=Chicken Breast) Baked Beans Mixed Vegetables Mixed Berries	25 Beef & Noodles Mashed Potatoes Green Beans Fresh Fruit Brownies	26 Hamloaf (LS Alt=Meatloaf) Sweet Potatoes Cooked Cabbage Applesauce	27 Cream of Broccoli Soup Roast Beef Sandwich Kidney Bean Salad Watergate Salad
30 Shepherd's Pie Summer Squash Fruit Crisp	31 Sausage, Egg & Cheese Sandwich Hash Brown Casserole Corn Nuggets Fresh Fruit			