

January 2022 Menu

Meals will still be available as take-out (\$7 suggested donation, add \$2 for salad).

Please note: menu is subject to change based on product availability. 907-567-3988 Please call in advance to order a meal.

Our nutrition program provides 1/3 of the recommended daily nutrition for Seniors and has been approved by a registered dietitian.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthdays 2	3	4	Bingo @ 1:15 5	6	7	Information 8
Kathryn Hale 1/1 Phillip Lopez 1/1 Johnny Hylen 1/2 Rick Ferguson 1/2 Birch Ann Allen 1/3 Bill Richardson 1/6 Elizabeth Spinasanto 1/7	Hawaiian Chicken Coconut rice Vegetables	Greek Spaghetti Bake Vegetable Garlic Bread	Lil Cheddar Meatloaves Mashed Potatoes Gravy Vegetables	Glazed Pork Tenderloin Dressing Vegetable Gravy	Salmon Cakes Macaroni Salad Creamy Coleslaw Potato's	<i>Soup served daily with pick up meals</i>
Jojo Seitz 1/8 9	10	11	Bingo @ 1:15 12	13	14	15
Lorraine Reinhart 1/10 Doug MacLean 1/12 Wes Newcomb 1/14 Char Moore 1/14	Beef Stroganoff Noodles Vegetables	Crispy Chicken Mashed Potato's Gravy Vegetables	Sweet Sour Meatballs Rice Stir Fry Veggie Eggrolls	Croissants Cashew Chicken Salad Jell-O Pea Salad	Stuffed Spinach & Cheese Manicotti Vegetables Garlic Bread	
16	17	18	Bingo @ 1:15 19	Board Meeting 20	21	22
Mark Syska 1/19 Mary Holshouser 1/21 Mirl Fowler 1/21	Closed Martin Luther King Jr. Day	Salisbury Steaks Potato's Vegetables	Red & White Lasagna Vegetables Garlic Bread	Turkey Thursday! Gobble Till You Wobble	Toasted Ham And Swiss Sandwich Jell-O Potato Salad Chips	Suggested Donation \$8.00 Members \$12.00 Guests To-Go Soup \$1.00 per cup
23	24	25	Bingo @ 1:15 26	27	28	29
Tina Kenshalo 1/23 Richard Behnken 1/26 Linda Hawkins 1/26 Janice Nofziger 1/29	Roast Beef Mashed Potatoes' Gravy Vegetables	Shredded BBQ Pork Buns Coleslaw Bean Bake	Monterey Chicken Breasts Rice Vegetables	Liver & Onions Potato's Veggi	Halibut Coleslaw Vegetables	The cook reserves the right to change the menu without notice.
30	31					
Ronn Lund 1/30 Patrick Sullivan 1/30 Bruce Randall 1/31	Chicken Enchiladas Refried Beans Rice Chips & Salsa					<i>Salad Bar and Soup Served Daily with congregate meals **</i>

