




City Fare Menu January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1/1 CENTER CLOSED 	1/2 Meatloaf with Marsala Mushroom Gravy Mashed Potatoes Brussels Sprouts Applesauce Dinner Roll	1/3 Chili w. Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream	1/4 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread
1/7 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread	1/8 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion & Tomato Applesauce Ultimate Grain Bread	1/9 Chicken & Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt	1/10 Ham & Swiss on Club Roll Lettuce, Tomato & Onion Orange Cream of Broccoli Soup Crackers	1/11 Salisbury Steak w. Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf
1/14 Seafood Crab Cake Corn Baby Lima Beans Fruit Cocktail White Wheat Bread Tartar Sauce	1/15 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread	**1/16** Hot Dog on Bun Hamburger on Bun Lettuce, Tomato & Onion Baked Beans Red Skin Potato Salad Tropical Fruit 	1/17 Turkey & Swiss on Club Roll Lettuce, Tomato & Onion Diced Peaches Cream of Potato Soup with Bacon Crackers	1/18 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread
1/21 CENTER CLOSED MARTIN LUTHER KING JR. DAY	1/22 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit	1/23 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce	1/24 Hamburger w. Cheddar on Hamburger Bun Lettuce & Tomato Diced Pears Minestrone Soup Crackers	1/25 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish
1/28 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit	1/29 Fire Braised Chicken Stew Mixed Salad with Onion & Tomato Peach Cobbler Ultimate Grain Honey Bread	1/30 Pot Roast w. Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream 	1/31 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce	2/1 Seasoned Flounder Macaroni & Cheese Stewed Tomatoes Banana Yogurt Sundae

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.
- Suggested minimum donation for persons 60+ is \$2.25. People under age 60 must pay \$5.25