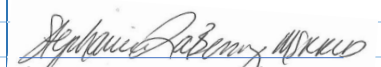


# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Tuna Salad Sandwich Chips Potato Salad Pineapple Oatmeal Raisin Cookie	Turkey Supreme Spinach Blueberry Cup Pumpkin Bar	Chicken & Noodles Brussels Sprouts Spiced Pears Chocolate Chip Cookie	Tomato Soup 1/2 Egg Sandwich Chips Crackers Fruit Cocktail	Meatloaf Creamed Potatoes Winter Mix Vegetables Tropical Fruit Wheat Dinner Roll
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Vegetable Soup 1/2 Ham Salad Sandwich Crackers Apricots Strawberry Yogurt Salad	Ranchero Steak Potato Wedges Spinach Salad Plums Frosted Brownie	BBQ Chicken Roasted Baby Potatoes Asparagus Banana Cherry Crisp	Pork Chop w/ Brown Gravy Duchess Potatoes Garden Mix Vegetables Lime Salad Peaches	Loaded Baked Potato w/Diced Ham Green Beans Apple Oatmeal Cookie
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Lemon Fish Parslied Potatoes Creamed Asparagus Pears Chocolate Pudding	Meatball Sandwich Tater Tots Seasoned Zucchini Peaches Butterscotch Bar	Ham & Bean Soup Broccoli Salad Applesauce in Cherry Gelatin Tropical Fruit Cornbread	Oven Fried Chicken Mashed Potatoes w/ Gravy Broccoli Normandy w/Cheese Strawberries & Bananas Snickerdoodle Cookie	Beef Pepper Steak Over Rice Spinach Salad Plums Mixed Fruit Jell-O Salad
<b>Martin Luther King Jr. Day</b>				
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Herb Baked Chicken Roasted Red Potatoes Green Beans Amandine Pineapple	Hamburger on a Bun Tomato/Lettuce/Onion Potato Salad Baked Beans Applesauce	Biscuits & Gravy Egg Casserole Broccoli Mandarin Oranges Brownie	Clam Chowder Soup Crackers Fresh Broccoli Berry Cup	Spaghetti w/ Meat Sauce Lettuce Salad Garlic Bread Stick Grapes Apple Crisp
<b>31</b>				
Salmon Patty Mashed Potatoes Carrots Banana Vanilla Cream Pudding				

  
Stephanie Labenz, MS, RD, LD

\*\*Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

Madison County Elderly Services (515) 462-1334

Menu may be subject to change without notice due to supplies available from our food vendor.