

January Dining Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED HAPPY NEW YEAR!	2 Chicken Cordon Bleu Tri-Color Potatoes Capri Vegetables Apple Sauce	3 Stuffed Green Pepper Garlic Mashed Potatoes Diced Beets Chilled Tropical Fruit	4 NEW YEARS PARTY Grilled Salmon with Scallop Compound Butter Fingerling Potatoes Vegetable Medley Dinner Roll Pineapple Upside Down Cheesecake Parfait	5 Shredded Pork Burrito Bowl (Shredded Pork on top of Cilantro Lime Rice and Fiesta Black Beans, Topped with Shredded Cheese and Lettuce) Flour Tortilla Mexican Fruit Salad
8 Chicken ala Orange Brown Rice Pilaf Oriental Vegetables Dark Cherries	9 Salisbury Steak with Mushroom Gravy Mashed Potatoes Normandy Vegetables Fresh Pear	10 Chicken Noodle Hotdish Steamed Peas Pretzel with Pizza Sauce Chilled Apricots	11 Braised Pork Chops Mashed Sweet Potatoes Brussel Sprouts Berries with Whipped Cream	12 Fish & Chips Steak Fries Coleslaw Fruited Gelatin
15 Oven Fried Chicken Chive Mashed Potatoes with Gravy Seasoned Corn Chilled Peaches	16 Sausage and Kraut Steamed Red Potatoes Parslied Carrots Whole Grain Bun Apple Crumble	17 Beef Taco Salad Tortilla Chips Salsa and Sour Cream Spanish Fruit Cup	18 Tangy Meatloaf Baked Fingerling Potatoes Green Beans Watermelon	19 Turkey ala King Orzo Rice Pilaf Pacific Vegetable Blend Biscuit Snickers & Apple Salad
22 BBQ Beef Loaded Sweet Potato Powerslaw Cornbread Strawberry Apple Sauce	23 Sweet & Sour Pork Vegetable Fried Rice Vegetable Egg Roll Mandarin Oranges Fortune Cookie	24 Chicken Alfredo Herbed Pasta Steamed Broccoli Vegetable Salad WG Garlic Breadstick Fresh Banana	25 Roast Beef Sundae Mashed Potatoes with Gravy Corn and Carrots Winter Fruit Salad	26 Country Baked Ham Scalloped Potatoes Roasted Vegetables Chunky Fruit Fresh Baked Brownie
29 Parmesan Chicken with Marinara Sauce Herbed Pasta Italian Vegetables WG Garlic Bread Spiced Peaches and Pears	30 Swedish Meatballs Mashed Potatoes Mixed Vegetables Cranberry Fluff	31 BBQ Ribs Baked Beans Potato Salad Corn Muffin Cinnamon Apples	<p>Each meal is served with 8 oz. of 1% milk and 2 slices of bread (unless otherwise indicated). Coffee and water is served at meal sites.</p> <p>MENU IS SUBJECT TO CHANGE!</p>	

NUTRITION PROGRAM INFORMATION:

Burleigh County Senior Center: Drive-Thru Meal Service from 11:15 am to 11:45 am
Congregate Meal Service from 12:00 pm to 12:30 pm
Crescent Manor: Congregate Meal Service at 11:45 am; Take-Out Meal Service at 12:15 pm
Wing & Sterling Meal Sites: Congregate Meal Service/Take-Out Meal Service at 12:00 noon

MEAL RESERVATIONS:

Call at least one day in advance.
Burleigh County Senior Center 258-9276 (from 8:00 am to 3:30 pm)
Crescent Manor 258-6646 (from 10:00 am to 2:30 pm)
Wing Senior Center/Sterling Meal Site 943-2490 (from 8:00 am to 2:30 pm)
Home-Delivered Meal inquiries, please call 255-4648.

Suggested donation is \$4.50/meal. The meal price for those under 60 is \$11.00. SNAP/EBT and credit/debit cards are accepted. OAA federal regulations require individuals age 60 and older to complete a meal assessment to participate in the Nutrition Program. Meal participants are required to update their assessment annually. Individuals are notified when their registration is due for updating.