



January Menu



Come to the Center Dining Room for Good Food, Fellowship and Fun
Monday and Wednesday 12:00

Monday

Wednesday

Reservations must be made by 9:30AM Friday for Monday's meal		Reservations must be made by 9:30AM Tuesday for Wednesday's meal
January 2 Center Closed		January 4 Roasted Chicken Breast Mashed Potatoes Winter Squash Wheat Bread Pumpkin Cookie
January 9 Glazed Ham Patty Sweet Potatoes Mixed Beans Wheat Roll Ice Cream		January 11 BIRTHDAY DINNER Baked Cheese Lasagna Rollettes with Marinara Sauce Spinach Biscuit Birthday Cake
January 16 Center Closed		January 18 Oven Fried Chicken Breast Diced Potatoes with Parsley Peas & Onions Wheat Roll Brownie
January 23 Beef Tips with Sauted Onions Mashed Potatoes Beets Wheat Bread Fruit Crisp with cream		January 25 Baked American Goulash With Cavatappi & Parmesan Cheese Brussel Sprouts Wheat Roll Peaches
January 30 Sliced Pot Roast Au Jus Ranch Mashed Potatoes Carrots & Cabbage Sliced Wheat Roll Cookie		

The Community Center congregate meal service provides a nutritious meal
and opportunities for socialization - essential parts of a healthy lifestyle. Please join us!
For at home meals contact the Meals on Wheels Program-Southwestern Vermont Council on Aging.
1-800-642-5119 or 802-786-5990