

# January 2025

## Senior Nutrition

PEACE, Inc. FSD

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p><b>AGENCY CLOSED</b></p> <p><b>NEW YEAR'S DAY</b></p>	<p>Spaghetti w/ Red Sauce</p> <p>Meatballs</p> <p>Italian Blend Vegetables</p> <p>Fresh Baked Bread</p> <p>Orange</p>	<p>Kielbasa</p> <p>Braised Red Cabbage</p> <p>Boiled Baby Potatoes</p> <p>Cantaloupe</p> <p>Marble Rye</p>
6	7	8	9	10
<p>Sweet and Sour Chicken</p> <p>Served over Sesame Rice</p> <p>Oriental Blend Vegetables</p> <p>Fortune Cookie</p>	<p>Swedish Style Meatballs over</p> <p>Parsley &amp; Butter Egg Noodles</p> <p>California Blend Vegetable</p> <p>Diced Pears</p> <p>Whole Wheat Bread w/ Margarine PC</p>	<p>Cream of Cheddar Potato Soup</p> <p>Chopped Chicken Caesar Salad w/</p> <p>Croutons, Parm and Dressing</p> <p>Orange</p>	<p>Sloppy Joe on Kaiser Roll</p> <p>Cream of Asparagus Soup</p> <p>Honey Dew</p>	<p>Honey Balsamic Pulled Pork on</p> <p>Kaiser Roll</p> <p>Coleslaw</p> <p>Apple</p>
13	14	15	16	17
<p>Smothered Seared Pork (Mushroom Gravy)</p> <p>Red Skin Mashed</p> <p>Roasted Brussel Sprouts</p> <p>Apricots</p>	<p>Boneless Chicken Cacciatore</p> <p>Penne Rigate Pasta</p> <p>Green Beans</p> <p>Choc Chip Cookie</p> <p>Whole Wheat Bread w/ Margarine PC</p>	<p>Beef Tips w/ Sherry Gravy</p> <p>Buttery Carrots</p> <p>Mashed Potatoes</p> <p>Banana</p> <p>Dinner Roll w/ Margarine PC</p>	<p>Syracuse Famous Chicken Riggie's</p> <p>Sautéed Greens</p> <p>Diced Peaches</p> <p>Fresh Baked Dinner Roll</p>	<p>Shepherd's Pie</p> <p>(Beef w/ 4-way Vegetable &amp; Whipped</p> <p>Potato Topping)</p> <p>Pineapple</p>
20	21	22	23	24
<p><b>AGENCY CLOSED</b></p> <p><b>MARTIN LUTHER KING, JR. DAY</b></p>	<p>Chicken Parm Sandwich</p> <p>Served on a Whole Wheat Bun</p> <p>Country Blend Vegetables</p> <p>Potatoes O'Brien</p> <p>Banana</p>	<p>Corned Beef &amp; Swiss on Rye w/</p> <p>Russian Dressing</p> <p>Minestrone Soup</p> <p>Orange</p>	<p>Loaded Baked Potato Soup</p> <p>Romain and Mandarin Salad</p> <p>Dinner Roll</p> <p>Applesauce</p>	<p>Chicken Alfredo</p> <p>Served over Bowtie Pasta</p> <p>Steamed Asparagus</p> <p>Apple</p> <p>Italian Bread</p>
27	28	29	30	31
<p>Herbed Chicken Breast</p> <p>Macaroni and Cheese</p> <p>Broccoli</p> <p>Orange</p>	<p>Homemade Stuffed Peppers</p> <p>(Ground Beef &amp; Rice) w/ Red Sauce</p> <p>Tossed Salad</p> <p>Italian Bread</p> <p>Fig Newton</p>	<p>Glazed Ham</p> <p>Mashed Sweet Potato</p> <p>Cauliflower</p> <p>Pound Cake</p>	<p>Butternut Bisque</p> <p>Turkey &amp; Stuffing Roll-up w/</p> <p>Gravy (2)</p> <p>Dinner Roll</p> <p>Applesauce</p>	<p>Cranberry &amp; Walnut Chicken Salad</p> <p>served on Croissant</p> <p>Chunky Tomato Florentine Soup</p> <p>Tropical Fruit Salad</p>

All meals include: Coffee, Tea, Milk, Bread, and Margarine

Menus meet 1/3 of RDA  
Menu is subject to change

Suggested contribution: \$3.50

Guest meal: \$7.00