

JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meals are supported by <u>Senior Resources Agency on Aging</u> with Title III funds available under the Older Americans Act	Lunch Cost: Age 60+, \$3.00 suggested donation. Under Age 60, \$12.51	1 NEW YEARS DAY CLOSED	2 STUFFED SHELLS W/ TOMATO SAUCE CAULIFLOWER MANDARIN ORANGES	3 SLICED TURKEY SANDWICH ON WHEAT BREAD, COLESLAW JELL-O
6 STUFFED CABBAGE MASHED POTATO WHOLE BABY CARROTS ICE CREAM	7 CHICKEN CACCIATORE RICE PILAF BRUSSEL SPROUTS CRUSHED PINEAPPLE	8 TILAPIA SWEET POTATO SPINACH ORANGE	9 BEEF STEW W/POTATO AND MIXED VEG BISQUIT LEMON MERINGUE PIE	10 CHICKEN SAUSAGE W/ PEPPERS MASHED POTATO WINTER BLEND CITRUS FRUIT
13 SALISBURY STEAK W GRAVY, SPANISH RICE BROCCOLI SHERBET	14 FISH AND CHIPS CARROT COINS APPLE	15 CHICKEN CEASAR SALAD W/ TOMATO AND CHEESE WHOLE WHEAT ROLL CHOCOLATE PUDDING	16 SPAGHETTI AND MEATBALLS TOSSED SALAD PEARS	17 CHICKEN PATTY ON BUN W/ LETTUCE AND TOMATO BROWNIES
20 MARTIN LUTHER KING DAY CLOSED	21 CHICKEN TERIYAKI BROWN RICE ORIENTAL BLEND LEMON PUDDING	22 LEMON PEPPER FISH MASHED POTATO WINTER BLEND BANANA	23 MEATLOAF W/ GRAVY ROASTED POTATO GREEN BEANS JELL-O	24 MAC AND CHEESE ZUCCHINI PEACHES
27 SWEDISH MEATBALLS MASHED POTATO STEWED TOMATOES VANILLA PUDDING	28 CHICKEN FLORINTINE WILD RICE GREEN BEANS COOKIES	29 AMERICAN CHOP SUEY BROCCOLI BIRTHDAY CAKIE	30 EGGPLANT PARM TOSSED SALAD APPLE PIE	31 TUNA SALAD SANDWICH ON WW BREAD, LETTUCE AND TOMATO ORANGE

(Menu subject to change without notice)

CHESTER – 29 West Main Street CLINTON – 54 East Main Street OLD SAYBROOK – 220 Main Street OLD LYME – 26 Town Woods Road
WESTBROOK – Westbrook Town Hall, Senior Center, 866 Boston Post Road, THURSDAYS ONLY
RESERVATIONS AND CANCELLATIONS NEED TO BE MADE 24 HRS IN ADVANCE BY CALLING THE ESTUARY OFFICE AT 388-1611 BEFORE 11:00A.M.
THIS MENU MEETS 1/3 RDA AND CONFORMS TO U.S. DIETARY GUIDELINES – CERTIFIED BY NANCY EASTWOOD, RD

8 oz. – 1% milk

Multi-grain breads are served with each meal unless noted above

Condiments are served as posted