

# January 2023 | Lunch Menu

*Shante Reef Senior Center*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Happy New Year!</p> <p>Closed for holiday observance</p>	<p>3</p> <p>Chicken stuffed with Broccoli and Cheese Roasted Potatoes Mixed vegetables Whole Wheat Roll Fruit Cocktail</p>	<p>4</p> <p>Parmesan Crusted Tilapia Edamame Cauliflower Whole Grain Roll Fresh Orange</p>	<p>5</p> <p>Steak Diane Peas Carrots Whole Wheat Roll Cinnamon Apples</p>	<p>6</p> <p>Chicken Salad Tomato Half Carrot &amp; Celery Sticks Croissant Fresh Banana</p>
<p>9</p> <p>Tortellini with Pork Meatballs** Spinach Wax Beans Whole Grain Bread Stick Birthday Cake</p>	<p>10</p> <p>Shepard Pie Mashed Potatoes Mixed Vegetables Whole Wheat Roll Apple Sauce</p>	<p>11</p> <p>Pork Stir Fry** Brown Rice Asian Blend Vegetables Snap Peas Mandarin Orange</p>	<p>12</p> <p>Balsamic Glazed Chicken Spinach Cauliflower Whole Wheat Roll Pineapple</p>	<p>13</p> <p>Mushroom Beef Stroganoff Egg Noodles Carrots Broccoli Sliced Apples (D) Chocolate Chip Cookie (R)</p>
<p>16</p> <p><del>MEATBALLS</del> <del>SPINACH</del> <del>WAX BEANS</del> <del>WHOLE GRAIN BREAD STICK</del> <del>BIRTHDAY CAKE</del> Closed for holiday observance</p>	<p>17</p> <p><b>Shrimp Alfredo</b> Whole Grain Pasta Stewed Tomatoes Mixed Vegetables Mixed Berries</p>	<p>18</p> <p>Chef Salad (Turkey, Ham and Cheese)** Carrot &amp; Celery Sticks Tomatoes Whole Grain Breadstick Fresh Pear</p>	<p>19</p> <p>Turkey Meatball Sub Sandwich Hoagie Roll French Fries Carrots Fresh Apple</p>	<p>20</p> <p>Sweet and Sour Pork** Brown Rice Snap Peas Grilled Vegetables Strawberries</p>
<p>23</p> <p><b>Cod Fish Taco</b> Whole Grain Tortilla Pinto beans Stewed Tomatoes Cinnamon Peaches</p>	<p>24</p> <p>Chicken Marsala Spinach Cauliflower Whole Grain Breadstick Apple Crisp</p>	<p>25</p> <p>Baked Potato with Cheese Baby Carrots Broccoli Whole Grain Roll Apricots</p>	<p>26</p> <p>Beef Stew Roasted Sweet Potatoes Brussel Sprouts Whole Grain Roll Fresh Apple</p>	<p>27</p> <p>Sesame Chicken Brown Rice Sliced Carrots Green Beans Sliced Peaches</p>
<p>30</p> <p>Pulled Pork Sandwich** Wheat Bun Spinach Mashed Potatoes Mixed Berries</p>	<p>31</p> <p><b>Tilapia with Dill</b> Corn Broccoli &amp; Cauliflower Whole Grain Roll Sliced Pears (D) Blueberry Crisp (R)</p>			

TCOA is funded in part by Area Agency on Aging, Region One. Menu subject to change due to availability.  
Items with \*\*contain pork or pork products.



Call to sign up, or to cancel your existing meal order:  
**480-312-1724**