

# THE LIGHTER SIDE OF SENIOR DINING

January 2012

*Catholic Charities Menu Choices for the Light Meal Option*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>2</b></p> <p>Chicken Caesar Salad Breadstick Applesauce</p>	<p style="text-align: right;"><b>3</b></p> <p>Beef &amp; Broccoli Stirfry Rice Mandarin Orange Salad Gingersnap Cookie</p>	<p style="text-align: right;"><b>4</b></p> <p>Turkey, Bacon &amp; Ranch Wrap Cream of Potato Soup Chocolate Mousse Pie</p>	<p style="text-align: right;"><b>5</b></p> <p>Chicken Chili Italian Lettuce Salad Vegetable Sticks Dinner Roll Ice Cream Gelatin</p>	<p style="text-align: right;"><b>6</b></p> <p>Baked Potato topped with Broccoli &amp; Cheese Lettuce Salad Breadstick Pudding</p>
<p style="text-align: right;"><b>9</b></p> <p>Sweet &amp; Sour Chicken Oriental Vegetables Rice Fruit Sauce Ice Cream</p>	<p style="text-align: right;"><b>10</b></p> <p>Roast Beef &amp; Swiss Sandwich with Lettuce and Tomato Slice Creamy Vegetable Soup Oatmeal Cake</p>	<p style="text-align: right;"><b>11</b></p> <p>Baked Potato topped with Bacon &amp; Cheese Broccoli Wheat Bread Applesauce Gelatin</p>	<p style="text-align: right;"><b>12</b></p> <p>Chef's Salad: Lettuce, Meat, Cheese &amp; Vegetables Dinner Roll Cinnamon Bread Pudding with Topping</p>	<p style="text-align: right;"><b>13</b></p> <p>Seafood Pasta Salad with Vegetables Chunky Tomato Soup Sunshine Salad</p>
<p style="text-align: right;"><b>16</b></p> <p>Teriyaki Beef Rice Bowl: Beef Oriental Vegetables Rice Mandarin Oranges Lemon Chiffon</p>	<p style="text-align: right;"><b>17</b></p> <p>Ham &amp; Cheese Sandwich Cream of Broccoli Normandy Soup Lettuce Salad Cowboy Cookie</p>	<p style="text-align: right;"><b>18</b></p> <p>Pulled BBQ Pork Sandwich Coleslaw Potato Wedges Rocky Road Pudding</p>	<p style="text-align: right;"><b>19</b></p> <p style="text-align: center;">Specials of the Day</p>	<p style="text-align: right;"><b>20</b></p> <p>Egg Salad Sandwich Black Bean Soup Garden Salad Rice Pudding</p>
<p style="text-align: right;"><b>23</b></p> <p>Tacos stuffed with: Taco Meat Shredded Cheese Lettuce, Tomatoes, Onion Mexican Rice Peaches</p>	<p style="text-align: right;"><b>24</b></p> <p>Sausage Egg Bake Fruit Cup Muffin Mandarin Orange Cake</p>	<p style="text-align: right;"><b>25</b></p> <p>Orange Chicken Rice Bowl: Chicken Cantonese Vegetables Rice Fruit Sauce Butterscotch Bar</p>	<p style="text-align: right;"><b>26</b></p> <p>Chicken Penne Pasta Salad Beef Vegetable Soup Fresh Fruit Pineapple Cake</p>	<p style="text-align: right;"><b>27</b></p> <p>Veggie Sub Navy Bean Soup Fresh Fruit Gelatin</p>
<p style="text-align: right;"><b>30</b></p> <p>Oriental Chicken Salad: Oriental Chicken over Salad Fresh Fruit Dinner Roll Applesauce</p>	<p style="text-align: right;"><b>31</b></p> <p>Ham &amp; Broccoli Pasta Toss: Ham Cubes Broccoli Pasta Garden Salad Brownie</p>	<p>1% milk is served with every meal. Menu is subject to change. Suggested contribution for persons 60+ and volunteer is \$3.50 - \$7.00. No one 60+ is denied a meal based on their ability to pay. Guests under 60 pay \$7.00. Call between 10:30 am - 1:00 pm for more information. Partially funded under contract with the Central Minnesota Council of Aging as part of the Older Americans Act and Administered by Catholic Charities of the Diocese of St Cloud.</p>		