


# JANUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>  ALL CENTERS CLOSED	<b>2</b> New England Clam Chowder Egg Salad Sandwich Pickled Beets Fig Cookie Bar Skim Milk
<b>5</b> Goulash Garlic Green Beans Chilled Peaches Whole Wheat Roll/Bread Skim Milk	<b>6</b> Turkey A La King Steamed Or Baked Rice Green Peas Applesauce Whole Wheat Roll/Bread Skim Milk	<b>7</b> Pork Carnitas Taco Chuckwagon Corn Cilantro Lime Black Beans Spanish Rice Pudding Skim Milk	<b>8</b> Bbq Chicken Mashed Sweet Potatoes Collard Greens Whole Wheat Roll/Bread Ice Cream Skim Milk	<b>9</b> Cheeseburger On Bun French Fries Baked Baked Beans Chilled Fruit Cup Skim Milk
<b>12</b> Polish Sausage Potato & Cheese Pierogies Cabbage & Carrot Applesauce Whole Wheat Skim Milk	<b>13</b> Baked Egg Omelet Sff Lc American Fried Potatoes Steamed Spinach Fresh Banana Whole Wheat Roll/Bread Skim Milk	<b>14</b> Beef Stroganoff Buttered Noodles Winter Mix Vegetable Whole Wheat Roll/Bread Skim Milk	<b>15</b> Apple Glazed Chicken Baked Sweet Potato Half Brussels Sprouts Whole Wheat Roll/Bread Pudding Cup Skim Milk	<b>16</b> Cream Of Tomato Soup Tuna Salad Sandwich Macaroni Salad Fruit Of The Day Skim Milk
<b>19</b>  ALL CENTERS CLOSED	<b>20</b> Open Face Turkey Sandwich Garlic Mashed Potatoes French Style Green Beans Pumpkin Custard Skim Milk	<b>21</b> Ground Beef Stew Five Way Mixed Vegetables Chilled Blushing Pears Biscuit Skim Milk	<b>22</b> Tandoori Chicken Yellow Rice Cauliflower And Peas Tapioca Pudding Whole Wheat Roll/Bread Skim Milk	<b>23</b> Corn Chowder Seafood Salad Crackers Mixed Green Salad Rice Crispy Bar Skim Milk
<b>26</b> Salisbury Steak Mashed Red Potatoes Steamed Carrots Whole Wheat Roll/Bread Sponge Cake Skim Milk	<b>27</b> Turkey Chili Sf Steamed Or Baked Rice Winter Mix Vegetables Whole Wheat Roll/Bread Fresh Fruit Skim Milk	<b>28</b> Breaded Pork Chop Baked Sweet Potato Half Brussels Sprouts Chilled Fruit Cup Whole Wheat Roll/Bread Skim Milk	<b>29</b> Lemon Pepper Chicken Brown Rice Pilaf California Vegetables Whole Wheat Roll/Bread Assorted Cookies Skim Milk	<b>30</b> Fish Sticks Macaroni & Cheese Stewed Tomatoes Whole Wheat Roll/Bread Chilled Pineapple Skim Milk

 DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Services for Aging and Adults with Physical Disabilities  
"This agency receives funding from  
the DHSS Division of Services for Aging  
and Adults with Physical Disabilities"

Menu items subject to change due to availability.

**55** YEARS  **CHEER**  
1971-2026 Celebrating 55 Years of Serving Sussex Seniors

