
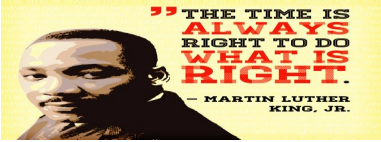


WSOS Sandusky County

Senior Menu for January 2019

Suggested Donation of \$3.00 per meal. No older person shall be denied a nutrition service because of inability to contribute all or part of the cost of such service. Older participants shall determine for themselves what they are able to contribute toward the cost of the service. NON-SENIOR GUEST/STAFF: \$6.75

Serving Sizes — Entrée, Meat & Casserole – 3 oz.; Vegetable, Fruit & Dessert – ½ cup;
Bread/Bread Alternate — 1 slice or ½ cup; Milk – 8 oz. served with every meal

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed New Year's Day 	2 Salisbury Steak Baked Potato Buttered Corn Mandarin Oranges Whole Wheat Bread	3 Turkey and Cheese on Croissant Broccoli Slaw Blueberries Garden Vegetable Soup Pudding	4 Pork Loin Mashed Potatoes and Gravy Sauerkraut Peaches Whole Wheat Bread
7 Shepherd's Pie Stewed Tomatoes Strawberries Garlic and Cheddar Biscuit Cookie	8 Time for Brunch! French Toast /Sausage Patty Maple Sweet Potatoes Creamy Pea Salad Warm Cinnamon Apples Cheese Stick	9 National Apricot Day! Chicken Marsala Cheesy Potatoes Green Beans Apricots Whole Wheat Bread	10 Beefy Stew Fruity Cole Slaw Peach Crisp Biscuit	11 Sloppy Joe on Bun Peas with Pearl Onions Steamed Carrots Mango Lemon Bar
14 Italian Chicken Breast Glazed Carrots Steamed Peas Applesauce Whole Wheat Bread	15 Stuffed Pepper Mashed Potatoes and Gravy Succotash Pineapple/Cottage Cheese Whole Wheat Bread	16 Spaghetti and Meatballs Italian Green Beans Tossed Salad Cherry Crisp Garlic Bread	17 Roasted Turkey Breast Sweet Potatoes Brussels Sprouts Tropical Fruit Whole Wheat Bread	18 Chili Dog with Cheese Baked Beans Potato Wedges Mixed Fruit Fruited Jell-O
21 Closed Martin Luther King Jr. Day 	22 BBQ Pork Patty Sweet Potatoes Collard Greens Pears Whole Wheat Bread	23 Beef and Noodles Harvard Beets Peas and Carrots Pineapple Whole Wheat Bread	24 Birthday Day! Baked Meatloaf Mashed Potatoes and Gravy Maui Vegetable Blend Sunset Salad / Dinner Roll Cake / Ice Cream	25 Chicken Alfredo Asparagus Tossed Salad Blueberry Crisp Garlic Bread
28 Chicken Kiev Cheesy Potatoes California Blend Vegetables Mango Whole Wheat Bread	29 Taco Tuesday! Beef Tacos Refried Beans Tossed Salad Scalloped Peaches	30 Beef Stir Fry with Stir Fry Vegetables over Brown Rice Diced Carrots Tropical Fruit Whole Wheat Bread	31 Chicken Salad on Croissant Cucumber Salad Green Pepper Soup Strawberries Pudding	Menu subject to change without notice. Chef Salads Available Tuesdays and Fridays. Low concentrated desserts substituted for modified meals.

CALL 24 HOURS IN ADVANCE TO SCHEDULE A MEAL. Clyde — 419-547-8052; Fremont — 419-334-8181; Gibsonburg — 419-637-7947.

For home-delivered meal cancellations, call 419-332-4032 or 1-866-440-6325. For ingredient content only, call WSOS Food Service at 419-333-5098.