



Lunch Menu

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Happy New Year!</i>	2 Bratwurst sausage English peas Mixed vegetables Mashed potatoes Fruit cocktail Milk	3 Baked chicken w/gravy Broccoli Okra and tomatoes Yellow rice Pudding Milk	4 Chicken fingers Tossed salad with ranch dressing Macaroni and cheese Spiced apples Milk	5 Beef stroganoff with noodles Sliced carrots Green beans Fresh fruit Milk
8 Pot roast with potatoes, onions, and carrots Brussel sprouts Whole-wheat roll Apple cobbler Milk	9 Barbeque chicken Collard greens Squash casserole Oatmeal cookie Milk	10 Cheeseburger with bun Baked Beans Carrot-raisin salad Mustard/mayo Spiced pears Milk	11 Chili with beans Snap green beans Cornbread Peach crisp Milk	12 Spaghetti & meat sauce Carrots Cabbage Garlic bread Fresh fruit Milk
15 <i>Happy Martin Luther King, Jr. Day!</i>	16 Chicken tetrazzini with noodles Sweet carrots Collard greens Oatmeal cookie Milk	17 Meatloaf with gravy Green beans Mashed potatoes Whole-wheat roll Gelatin with fruit Milk	18 Creole baked fish Okra and tomatoes Grits Cole slaw Orange Milk	19 Sausage with peppers and onions Rutabagas Roll Fruit cobbler Milk
22 Chicken fricassee Mustard greens Rice Fruit cobbler Milk	23 Brunswick stew Yellow squash Macaroni & cheese Corn muffin Fresh fruit Milk	24 Salisbury steak w/gravy Peas and carrots Mashed potatoes Cookie Milk	25 Chipped barbeque chicken with bun Potato wedges Coleslaw Spiced pears Milk	26 Lasagna w/meat sauce Carrots Green beans Garlic bread Fruit cocktail Milk
29 Chicken, broccoli, and rice casserole Green beans Fruit cobbler Milk	30 Pork chop w/gravy English peas Mixed vegetables Mashed potatoes Fruit cocktail Milk	31 Baked chicken w/gravy Broccoli Okra and tomatoes Yellow rice Pudding Milk		

*Menu subject to market availability

(912) 236-0363 | www.seniorcitizens-inc.org | toll-free (866) 579-2116