


## LaMoure / Dickey / Marion & Edgeley's Menu January 2024

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1% Milk, Margarine and Coffee


LaMoure Senior Center ~ 701-883-5088

Edgeley Senior Center ~ 701-493-2569

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <p>1 Center CLOSED</p>  | <p>2<br/>Fish sandwich<br/>Au gratin potatoes<br/>Applesauce</p>            | <p>3<br/>Hamburger on bun<br/>Lettuce, tomato, onion<br/>Mashed sweet potatoes<br/>Corn<br/>Pineapple</p> | <p>4<br/>Grilled chicken breast<br/>Potato salad<br/>Green beans<br/>Pears</p>                | <p>5<br/>Taco salad<br/>Fruit<br/>Salsa<br/>Breadstick</p>                                     |
| <p>8</p>   | <p>9<br/>BBQ chicken<br/>Broccoli<br/>Baked potato<br/>Mandarin oranges</p> | <p>10<br/>Salisbury steak with mushrooms<br/>Mashed potatoes<br/>Carrots<br/>Fruit cocktail</p>           | <p>11<br/>Tuna loaf<br/>Mashed potatoes<br/>Green beans<br/>Tropical fruit</p>                | <p>12<br/>Pork roast &amp; gravy<br/>Roast potatoes<br/>Roasted brussels sprouts<br/>Fruit</p> |
| <p>15</p>  | <p>16<br/>Stuffed peppers<br/>Mashed potatoes<br/>Broccoli<br/>Plums</p>    | <p>17<br/>Pork chop<br/>Baked potato<br/>Breasted brussels sprouts<br/>Melon cup</p>                      | <p>18<br/>Chicken &amp; noodles<br/>Peas<br/>Tossed salad<br/>Applesauce</p>                  | <p>19<br/>Sloppy joes on a bun<br/>Peas &amp; carrots<br/>Tator tots<br/>Pears</p>             |
| <p>22</p>  | <p>23<br/>BBQ ribs<br/>Baked beans<br/>Baked potato<br/>Fruit</p>           | <p>24<br/>Sweet &amp; sour pork<br/>Fried rice<br/>Tossed salad<br/>Broccoli<br/>Peaches</p>              | <p>25<br/>Bratwurst<br/>Baked potato<br/>Corn<br/>Fruit salad</p>                             | <p>26<br/>Ham<br/>Scalloped potatoes<br/>Stewed tomatoes<br/>Banana</p>                        |
| <p>29</p>  | <p>30<br/>Lasagna<br/>Green beans<br/>Salad<br/>Peaches</p>                 | <p>31<br/>Chicken kiev<br/>Potatoes<br/>Beets<br/>Pears</p>   | <p><b>Please call by 8 AM<br/>the day of to sign up<br/>for or to cancel for dinner!!</b></p> | <p><b>Substitutions may be<br/>necessary due to<br/>product availability.</b></p>              |

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| <b>Please call by 8 AM the day of to sign up for or to cancel for dinner!!</b> | <b>Substitutions may be necessary due to product availability.</b>        |  | 1<br>Lemon pepper fish<br>Sweet potato<br>Brussels sprouts<br>Applesauce        | 2 <u>Groundhog Day Brunch</u><br>Egg bake w/ egg, cheese, potatoes<br>Muffin<br>Juice         |
| 5  | 6<br>Turkey & gravy<br>Mashed potatoes<br>Carrots<br>Fruit                | 7<br>Pork chop<br>Potatoes<br>Peas<br>Applesauce   | 8<br>Spaghetti w/ meat sauce<br>Tossed salad<br>Beans<br>Breadstick<br>Apricots | 9<br>Grilled chicken on a bun<br>Lettuce, tomatoes<br>French fries<br>Broccoli<br>Fruit salad |
| 12   | 13<br>Salmon loaf<br>Potatoes<br>Mixed vegetables<br>Fruit                | 14 <u>Valentine's Day</u><br>Chicken<br>Sweet potatoes<br>Broccoli<br>Peaches<br> | 15<br>Ham<br>Scalloped potatoes<br>Stewed tomatoes<br>Pineapple                 | 16<br>Salisbury steak<br>Mashed potatoes & gravy<br>Carrots<br>Pears                          |
| 19   | 20<br>Cabbage roll<br>Mashed potatoes<br>Green beans<br>Fruit salad       | 21<br>Meatloaf<br>Mashed potatoes<br>Cauliflower<br>Banana   | 22<br>Taco salad<br>Salsa<br>Fruit<br>Breadstick                                | 23<br>Fishwich on a bun<br>Tartar sauce<br>Au gratin potatoes<br>Carrots<br>Applesauce        |
| 26   | 27<br>Swedish meatballs<br>Parslied noodles<br>Mixed vegetables<br>Apples | 28<br>BBQ chicken<br>Baked potato<br>Broccoli<br>Fruit cocktail  | 29<br>Beef stroganoff over rice<br>Cauliflower<br>Peaches                       |   |