



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	ARE YOU 60 OR OLDER?
				1 Beef Patties w/Brown Gravy +Mashed Potatoes +Brussels Sprouts Pineapple Chunks Whole Wheat Bread w/margarine	ENJOY WITH OTHER SENIORS A NOON MEAL AT  <b>MERCED</b> 761-7184
4 Hot Dog +Potato Salad Crispy Corn Salad *Red Grapefruit Segments	5 Crustless Veg. Quiche +Red Potato Wedges *Carrot Coins Seasonal Fresh Fruit	6 Tahitian Chicken Brown Rice Mixed Vegetables +Mandarin Oranges	6 Beef Macaroni Casserole *Spinach Salad w/kidney beans +Cauliflower Pineapple Chunks	8 Pulled Pork on WW Bun BBQ Beans +Coleslaw w/bell peppers Waldorf Salad	<b>ATWATER</b> 761-7150 <b>WINTON</b> 761-7182 <b>LIVINGSTON</b> 761-7135 <b>DOS PALOS</b> 761-7186
11 Beef Stew *Spinach Salad w/kidney beans +Mandarin Oranges Whole Wheat Roll w/margarine	12 <b>Holiday Lincoln's Birthday</b>	13 Hamburger on WW Bun *Sweet Potato Wedges Romaine Salad +Honeydew Ketchup/Mustard/Mayo	14 Chicken Strips Corn +Broccoli Mandarin Oranges	15 Chili Beans *Mixed Vegetables Romaine Salad +Cantaloupe Slices Corn Bread w/margarine	<b>LOS BANOS</b> 761-7131 <b>PLANADA</b> 761-7141  Cost of meals is based on Suggested Contribution of \$2.00 for Congregate Meals. Guest Cost \$8.00 for those 59 years old and under.
18 President's Day  Holiday	19 Beef Stroganoff w/ Rice Green Beans *Mixed Vegetables +Cantaloupe	20 Tuna Salad w/Hard Boiled Egg Green Salad Tomato/Cucumber Salad WW Bread – 2 sl +Mandarin Oranges	21 Roast Pork *Sweet Potatoes CA mixed vegetables +Honeydew Whole Wheat Bread w/margarine	22 Beef Lasagna +Broccoli *Peas and Carrots +Orange Slices Breadstick	<b>February 2019 Senior Nutrition Program</b>  No eligible individual shall be denied participation because of failure or inability to contribute * Vitamin A Rich Food +Vitamin C Rich Food Protein: ~35 gm/meal avg. with milk ⚠️ High Sodium Meal (>1,000 mg)   AREA AGENCY ON AGING <b>MEALS on WHEELS</b> HUMAN SERVICES AGENCY
25 Chicken Alfredo +Broccoli 3 Bean Salad Diced Peaches WW Bread w/margarine	26 Lemon Pepper Tilapia Brown Rice +Broccoli Garden Salad Apricot Halves	27 BBQ Chicken +Red Potatoes *Spinach Salad Seasonal Fresh Fruit	28 Sloppy Joe WW Bun *Sweet Potato Wedges Corn Kernels Diced Pears		

Final 1/14/19

Menu Approved: Sally Gerling, MS, RDN, CDE (R594002)

**Menu subject to change.**