

# Neighborhood House Association

		Thursday 1	Friday 2
<b>JANUARY 2015 Senior Nutrition</b>		<b>Donation Amount</b> \$2.00 Congregate Senior (60 years or older)  \$5.00 Non-Senior	HOLIDAY  Turkey & Cheese Sandwich, Potato Salad, Orange, & Milk
Monday 5	Tuesday 6	Wednesday 7	Thursday 8
Asian Chicken Wrap, Sesame Slaw with Snap Peas, Pineapple, Ice Cream, & Milk	Meat Loaf, Mashed Potatoes, Salad, Mangos, Milk	BBQ Beef Burger on Wheat Bun, Chopped Salad, Orange, & Milk	Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange & Milk
Monday 12	Tuesday 13	Wednesday 14	Thursday 15
Maria's Famous Chili with Whole Wheat Crackers, Broccoli & Carrot Slaw, Pear Ice Cream, & Milk	Turkey & Cheese Sandwich with Sun-Dried Tomato Spread, California Salad, Orange, & Milk	Taco Salad with Beef, Beans, & Corn, Romaine Salad, Salsa, Tortilla Chips, Sliced Apples, & Milk	Sesame Noodles with Chicken & Vegetables, Peaches, & Milk
Monday 19	Tuesday 20	Wednesday 21	Thursday 22
Holiday	Turkey & Swiss Sandwich with Honey Mustard Spread, Cream of Broccoli Soup, Peaches, & Milk	Roast Beef, Roasted potatoes w/ green peppers, Diced Carrots, Pears, Milk	Cheesy Sun-Dried Tomato Bake, Oven Baked Chicken, Carrot & Broccoli Salad, Canned Pear, & Milk
Monday 26	Tuesday 27	Wednesday 28	Thursday 29
Turkey Cranberry Sandwich, Cream of Potato Soup, Orange, Ice Cream, & Milk	Rotini alla Bolognese, Caesar Salad, Mango, & Milk	Chicken Gumbo, Brown Rice, Cajun Black Eyed Peas, Canned Pears, & Milk	Sliced Turkey on wheat bread, Vegetable Soup with Pasta, Banana, Milk
Monday 30	Tuesday 31	Wednesday 31	Thursday 31

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This program is supported by the Older Americans Act Funds through San Diego County Aging & Independence Services

No eligible person shall be denied a meal because of failure or inability to contribute.

We do not discriminate because of race, color, sex, handicap, or national origin

