

JANUARY Senior Center Network Lunch Menu

\$3.00

TRAVERSE CITY

12 p.m./Monday-Friday
Reservations MUST be made
24 hours in advance, call

947-5285

INTERLOCHEN

12 p.m./Thursday
Reservations MUST be made
by Monday the week of, call

922-2080

KINGSLEY

12 p.m./Wednesday
Reservations MUST be made
by Monday the week of, call

922-2080

FIFE LAKE

12 p.m. Wed., January 2 and 16
Reservations MUST be made
by Monday the week of, call

879-4101

Suggested Donation for those 60+; \$5 CHARGE FOR THOSE UNDER 60

Milk, whole grain white bread, (salad/slaw TC location only) and fruit served with every meal. Menu subject to change.

	Tue January 1 CLOSED In observance of New Year's Day	Wed January 2 Sloppy Joe w/bun Baked Beans Tater Tots Dessert—Kingsley	Thurs January 3 Spaghetti w/Marinara Peas Mixed Vegetables Dessert—Interlochen	Fri January 4 Shepherd's Pie Mashed Potatoes Winter Squash Dessert—Traverse City
Mon January 7 Stuffed Pepper Key West Blend Peas & Pearl Onions	Tue January 8 Salisbury Steak Red Skin Mashed Potatoes Butternut Squash	Wed January 9 Chicken Breast w/ Mushrooms & Gravy Mashed Potatoes Green Beans	Thurs January 10 Hamburger w/Bun Baked Beans Corn	Fri January 11 Sweet & Sour Pork Vegetable Rice Pilaf Broccoli Slaw
Mon January 14 Chili Mixed Vegetables Corn	Tue January 15 Citrus Tilapia Mashed Sweet Potatoes Sauteed Spinach	Wed January 16 Swiss Steak w/Gravy Red Skin Mashed Potatoes Creamy Cole Slaw	Thurs January 17 Honey Mustard Chicken Breast Mashed Potatoes Stewed Tomatoes	Fri January 18 Hot Turkey Sandwich w/bun Roasted Potatoes Beets
Mon January 21 CLOSED Staff In Service	Tue January 22 Grilled Chicken Sandwich Baked Beans Three Bean Salad	Wed January 23 Cabbage Roll w/Marinara Key West Blend Peas & Pearl Onions	Thurs January 24 Slow Roasted Beef Red Skin Mashed Potatoes Winter Squash Pizza—Interlochen	Fri January 25 Lemon Chicken Breast Mashed Potatoes Green Beans Amandine
Mon January 28 BBQ Pulled Pork Sandwich w/bun Baked Beans	Tue January 29 Chicken a la King Vegetable Rice Pilaf Carrots	Wed January 30 Beef Tips over Noodles Beets Wax Beans	Thurs January 31 Tender Pork Roast Mashed Sweet Potatoes Succotash	**SENIOR CENTER MEMBERSHIP IS NOT REQUIRED FOR LUNCH PROGRAM**