

January Senior Center Network Lunch Menu

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

922-4911

KINGSLEY

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

922-4911

FIFE LAKE

12 p.m./Jan 3 & 17 Wednesday
Reservations MUST be made
by Monday the week of, call





879-4101

\$3.00

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 is subject change.

Mon Jan 1 CLOSED 	Tue Jan 2 CLOSED 	Wed Jan 3 Sloppy Joe W/Bun Kettle Beans Seasoned Potato Wedges Dessert Fife Lake & Kingsley	Thurs Jan 4 Bowtie Lasagna Mixed Vegetables Dessert — Interlochen	Fri Jan 5 Sausage Gravy W/Biscuit Key West Blend Peas and Pearl Onions
Mon Jan 8 BBQ Pulled Pork W/Bun Roasted Potatoes Succotash Blend	Tue Jan 9 Swedish Meatballs Mashed Potatoes Peas and Carrots	Wed Jan 10 Chicken Fajita Strips Pepper & Onion Strips Fiesta Blend	Thurs Jan 11 Meatloaf & Gravy Baked Redskin Potatoes Normandy Blend	Fri Jan 12 Cheese Ravioli W/Sauce Green Beans Capri Blend Dessert — Traverse City
Mon Jan 15 No Meal Served Senior Center Open	Tue Jan 16 Lemon Pepper Tilapia Tater Tots Key West Blend	Wed Jan 17 Beef Tips & Gravy Over Egg Noodles European Blend Diced Beets Hot Cocoa Bar	Thurs Jan 18 BBQ Chicken Thigh Roasted Sweet Potatoes Green Beans Hot Cocoa Bar Interlochen	Fri Jan 19 Cheeseburger W/Bun Seasoned Potato Wedges Peas & Carrots
Mon Jan 22 Turkey and Gravy Mashed Sweet Potatoes Green Beans Almondine	Tue Jan 23 Macaroni & Cheese Capri Blend Stewed Tomatoes	Wed Jan 24 Roast Pork Winter Squash Au Gratin Potatoes National Pie Day—TC	Thurs Jan 25 Chili Normandy Blend Snap Peas	Fri Jan 26 Sweet & Sour Chicken Over Rice Stir Fry Blend
Mon Jan 29 Chicken Breast Mashed Potatoes Glazed Carrots	Tue Jan 30 Swiss Steak Roasted Sweet Potatoes Oriental Blend	Wed Jan 31 Goulash Malibu Blend Three Bean Salad		

**** SENIOR CENTER MEMBERSHIP IS NOT REQUIRED FOR LUNCH PROGRAM ****