

# 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.

<b>Mon Jan 1 CLOSED</b> 	<b>Tue Jan 2 CLOSED</b> 	<b>Wed Jan 3</b> Sloppy Joe W/Bun Kettle Beans Seasoned Potato Wedges Dessert Fife Lake & Kingsley	<b>Thurs Jan 4</b> Bowtie Lasagna Mixed Vegetables <b>Dessert — Interlochen</b>	<b>Fri Jan 5</b> Sausage Gravy W/Biscuit Key West Blend Peas and Pearl Onions
<b>Mon Jan 8</b> BBQ Pulled Pork W/Bun Roasted Potatoes Succotash Blend	<b>Tue Jan 9</b> Swedish Meatballs Mashed Potatoes Peas and Carrots	<b>Wed Jan 10</b> Chicken Fajita Strips Pepper & Onion Strips Fiesta Blend	<b>Thurs Jan 11</b> Meatloaf & Gravy Baked Redskin Potatoes Normandy Blend	<b>Fri Jan 12</b> Cheese Ravioli W/Sauce Green Beans Capri Blend <b>Dessert — Traverse City</b>
<b>Mon Jan 15</b> <b>No Meal Served</b> <b>Senior Center</b> <b>Open</b>	<b>Tue Jan 16</b> Lemon Pepper Tilapia Tater Tots Key West Blend	<b>Wed Jan 17</b> Beef Tips & Gravy Over Egg Noodles European Blend Diced Beets <b>Hot Cocoa Bar</b>	<b>Thurs Jan 18</b> BBQ Chicken Thigh Roasted Sweet Potatoes Green Beans <b>Hot Cocoa Bar Interlochen</b>	<b>Fri Jan 19</b> Cheeseburger W/Bun Seasoned Potato Wedges Peas & Carrots
<b>Mon Jan 22</b> Turkey and Gravy Mashed Sweet Potatoes Green Beans Almondine	<b>Tue Jan 23</b> Macaroni & Cheese Capri Blend Stewed Tomatoes	<b>Wed Jan 24</b> Roast Pork Winter Squash Au Gratin Potatoes <b>National Pie Day—TC</b>	<b>Thurs Jan 25</b> Chili Normandy Blend Snap Peas	<b>Fri Jan 26</b> Sweet & Sour Chicken Over Rice Stir Fry Blend
<b>Mon Jan 29</b> Chicken Breast Mashed Potatoes Glazed Carrots	<b>Tue Jan 30</b> Swiss Steak Roasted Sweet Potatoes Oriental Blend	<b>Wed Jan 31</b> Goulash Malibu Blend Three Bean Salad		
<b>** SENIOR CENTER MEMBERSHIP IS NOT REQUIRED FOR LUNCH PROGRAM **</b>				