

Milestones Adult Day Health Center

Lunch Menu for January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed Holiday	2 Beef Stew Mixed Green Salad Italian Dressing Green Beans Whole Grain Biscuit Mandr. Oranges & Pineapple	3 Chili with Beans Spinach Salad French Dressing Peach Melody Crackers Corn Bread Cookie Bar	4 Roast Pork Salad with Dressing Kitchen Potatoes Italian Mixed Vegetables Whole Wheat Roll Cookie Bar
7 Salisbury Steak Mashed Potatoes Broccoli Beef Gravy Orange Apricot Gelatin Whole Wheat Bread Cookie	8 Hamburger on Bun Tropical Fruit Salad Sunshine Carrots Creamy Coleslaw Cookie	9 Beef Patty Bakes Potato Mixed Vegetables Mandarin Oranges Whole Wheat Dinner Roll Ice Cream Cup	10 Baked Ham Banana Sweet Potatoes Italian Mixed Vegetables Whole Wheat Bread Chocolate Pudding	11 Ham and Beans Mixed Fruit Cup Cornbread Carrots Cookie Bar
14 Cooks Choice	15 Roast Turkey Sweet Potatoes & Apples Spinach Au Gratin Peach Salad Whole Wheat Dinner Roll Ice Cream Cup	16 Breaded Chicken Breast Parsley Butter Potato Succotash Melon Whole Wheat Dinner Roll Ice Cream Cup	17 Pork Ribbette Cantaloupe Hamburger Bun Potato Wedges Mixed Vegetables Banana Bar	18 Beef and Noodles Lima Beans Mixed Green Salad French Dressing Fresh Melon Whole Wheat Dinner Roll Brownie
21 Glazed Pork Chop Oven Roasted Red Potatoes Green Beans Orange Wedges Whole Wheat Dinner Roll Cookie	22 Chicken A La King Biscuit Fruit Gelatin Salad Seasoned spinach Vanilla Pudding	23 Beef Macaroni Casserole Diced Beets Breadstick Spinach Salad Cookie Bar	24 Meatloaf Baked Potato Tropical Fruit Brussel Sprouts Whole Wheat Dinner Roll Fruited Gelatin	25 Cooks Choice
28 Cream of Potato Soup Turkey Sandwich Tropical Fruit Whole Wheat Crackers Vanilla Pudding Coleslaw	29 Swiss Steak Banana Baked Potato Asparagus Whole Wheat Bread Chocolate Pudding	30 Potatoes Crusted Fish Calico Vegetable Salad Roasted Baby Read Potatoes Whole Wheat Bread Fruited Yogurt	31 Goulash Squash Whole Wheat Dinner Roll Tropical Fruit Lemon Bar	2 Glazed Pork Chop Orange Gelatin Salad Broccoli Rice Au gratin Yogurt with Fruit Mixed Vegetables Whole Wheat Bread

Milestones does not discriminate on the basis of age, race, creed, religion, sexual orientation, national origin, or physical or mental challenges. This institution is an equal opportunity provider. All meals serve skim or 1% milk. Menus are subject to change.