



Guadalupe Senior Center Menu January 2022

3	4	5	6	7
<p><u>New Year's Holiday</u></p> <p><u>Center Closed</u></p> 	<p>Mexican Pork Chili Mexican Pinto Beans Chuck wagon Corn Salsa White Corn Tortillas Tropical Fruit 1% Milk</p>	<p>WW Spaghetti & Meatballs Italian Vegetables Tossed Salad w/ Red Cab & Tomato Italian Dressing Parmesan Cheese Garlic Bread Margarine Fruit Delight 1% Milk</p>	<p>Pork Stir Fry WG Brown Rice Oriental Vegetables Seasoned Cabbage Wheat Dinner Roll Margarine LS Soy Sauce Tropical Fruit 1% Milk</p>	<p>Beef Stew w/ Vegetables Tossed Salad w/ Red Cab & Tomato French Dressing Biscuit Margarine Strawberries & Bananas 1% Milk</p>
10	11	12	13	14
<p>Battered Pollock Fish Carrots Cabbage/ Kohlabi Coleslaw Wheat Dinner Roll Margarine Tartar Sauce Mandarin Oranges 1% Milk</p>	<p>Lasagna w/Meat sauce Italian Vegetables Tossed Salad Italian Dressing WG Garlic Bread Margarine Fruit Delight 1% Milk</p>	<p>Chili and Beans Shredded Cheese Diced Onion Corn Tossed Salad w/ Tomato and Red cabbage Ranch Dressing Margarine Whole Wheat Crackers Orange 1% Milk</p>	<p>Spanish Chicken Mexican Rice Mexican Pinto Beans Carrots White Corn Tortillas Margarine Strawberries w/ Topping 1% Milk</p>	<p>Ham & Beans Spinach Whole Grain Biscuit Margarine Vinegar Packet Fruit Delight 1% Milk</p>
17	18	19	20	21
<p><u>Martin Luther King Holiday</u></p> <p><u>Center Closed</u></p> 	<p>Tuna Noodle Casserole Shredded Cheddar Cheese Bread Crumbs Green Beans Cabbage Margarine Biscuit Cinnamon Applesauce 1% Milk</p>	<p>Hamburger American Cheese Lettuce, Tomato, Onion, Pickles Potato Wedges WG Hamburger Bun Ketchup, Mustard Mayo Orange 1% Milk</p>	<p>Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes Green Peas Wheat Bread Margarine Mandarin Oranges Graham Crackers 1% Milk</p>	<p>Pot Roast W/ Onions, Potatoes & Carrots Pickled Beets Wheat Dinner Roll Margarine Orange 1% Milk</p>
24	25	26	27	28
<p>Meatball Grinder w/Shrd Mozzarella Italian Vegetables Tossed Salad Italian Dressing WW Hot Dog Bun Margarine Peaches 1% Milk</p>	<p>Mexican Goulash Vegetarian Pinto Beans Carrots White Corn Tortillas Orange 1% Milk</p>	<p>Liver & Onions Green Peas Au Gratin Potatoes Wheat Dinner Roll Margarine Tropical Fruit 1% Milk</p>	<p>Roast Beef Au Jus Roasted Potatoes Spinach Wheat Dinner Roll Margarine Apple Sauce 1% Milk</p>	<p>Oven Fried Chicken Chicken Gravy Mashed Potatoes Green Beans Wheat Roll Margarine White Cake w/ Strawberries Vanilla Ice Cream 1% Milk</p>
31				<p><u>**Please help us not waste food call in for Cancellations call 816-218-0972</u></p>
<p>Cheese & Onion Enchilada Casserole Mexican Pinto Beans Chuck wagon Corn Margarine Bananas & Strawberries 1% Milk</p>				