








Community Action Program Belknap-Merrimack Counties, Inc. - Elder Services

JANUARY 2010

M E N U

Under 60: \$6.00 Charge
 60 and Over: \$2.00 Donation
 Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Holiday 1 Closed New Year's Day
Community Dining 4 Tomato Soup, Crackers, Tuna Salad, Wheat Bread, Salad w/Dressing, Mandarin Oranges MOW -Tuna Noodle Casserole, Mixed Vegetable, Hot Seasoned Peaches	5 BBQ Chicken L.S. Plain Chicken Western Scalloped Potatoes, Corn, Roll, Cookie**	6 State Fair Burger w/Sliced Peppers & Onions on a Hamburger Roll, MOW -Corn Niblets Hot Apple Dessert**	7 Turkey Fricassee, Green & Wax Beans, Biscuit, Pineapple	8 Stuffed Sole w/Sauce, Rice, Carrots, Fruited Lemon Pudding**
11 Ham w/Sauce, L.S. Turkey w/Gravy, Sweet Potatoes, Beets, Roll, Cake**	12 Chicken Parmesan (Chicken w/Sauce & Cheese), Spaghetti w/Sauce, Italian Blend Vegetable, Tropical Fruit	13 Stuffed Peppers, Whipped Potatoes, Winter Blend Vegetable, Bread Stick, Cup Cake**	14 Pot Roast w/Onion Gravy, Sweet Potato, Peas & Onions, Roll, Rice Pudding**	Community Dining 15 Brunch- OJ, Scrambled Eggs w/Peppers, Onions & Cheese, Stewed Tomatoes, English Muffin MOW -Cheese Omelet, Stewed Tomatoes, Croissant, Tropical Fruit
Holiday 18  Closed for Martin Luther King Jr. Day	19 Swedish Meatballs Wild Rice, Broccoli, Pineapple Rings	20 BBQ Wild Wings MOW -BBQ Riblets Biscuit, Garlic Mashed Potatoes, Creamed Corn, Cake**	21 Chicken w/Gravy, Cranberry Sage Stuffing, Mashed Potatoes, Green Beans, Pudding**	22 Macaroni & Cheese Casserole, Peas & Carrots Hot Seasoned Peach & Fruit Mix Dessert**
25 Salisbury Steak w/Mushroom Gravy, Brown Rice, Carrots, Bread, Fruit	26 Lasagna Cheese Rollettes w/Marinara Sauce, Green & Wax Beans, Wheat Roll, Fruited Yogurt**	27 Stuffed Cabbage, Mashed Potato, Broccoli, Cookie**	28 Roast Pork Loin w/Gravy, Rice, Zucchini & Tomatoes Apple Crisp**	29 Salmon Boat w/Sauce Mashed Potatoes Garden Blend Vegetable Lemon Pudding**

***Low Sodium Meal *Diet Substitute Each meal provides one third of the USDA required daily allowance of nutrients.**

Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs.

Alton875-7102	Inter-Lakes279-5631	Pittsfield435-8482
Belmont267-9867	Laconia524-7689	Suncook485-4254
Concord M.O.W.225-9092	Mountain View938-2104	TRIP (Franklin)934-4151
Horseshoe Pond Place228-6956	New London M.O.W.526-6155	

For additional information contact Community Action Program Belknap-Merrimack Counties, Inc., Elder Services at 603-225-3295