



# JANUARY

MENU SUBJECT TO CHANGE  
WITHOUT NOTICE

HERITAGE AGENCY

2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 NEW YEARS DAY</b> 	<b>2</b> <u>CLOSED FOR NEW YEARS HOLIDAY</u>	<b>3 9AM - EXERCISE</b> 9:30AM-COFFEETIME HAM & SCALLOPED POTATOES LIMA BEANS MELON ORANGE WHIP	<b>4 9AM - EXERCISE</b> 9:30AM-COFFEETIME SWISS STEAK MASHD POTS&GRAVY SPINACH STRWBERRY BANANA JELLO CHOCOLATE CAKE	<b>5 9AM - EXERCISE</b> 9:30AM-COFFEETIME BEEF STEW CORN BREAD SPINACH SALAD PEACH SALAD ICE CREAM	<b>6 9AM - EXERCISE</b> 9:30AM-COFFEETIME FISH CONFETTI RICE WINTER MIX BANANA OATMEAL COOKIE	<b>7</b>
<b>8</b> SENIOR CENTER COMMISSION MEET 12:45PM TUESDAY, JAN 10 >>>>>>>>>	<b>9 9AM - EXERCISE</b> 9:30AM-COFFEETIME *HAM BALLS O'BRIEN POTATOES GREEN BEANS PEACH COBBLER	<b>10 9AM - EXERCISE</b> 9:30AM-COFFEETIME TUNA NOODLE CASS CHEESE BISCUIT CARROTS WATERMELON PINEAPPLE FRUIT WHIP	<b>11 9AM - EXERCISE</b> 9:30AM-COFFEETIME CHICKEN MSHD POTS&GRAVY CORN AMBROSIA SALAD	<b>12 9AM - EXERCISE</b> 9:30AM-COFFEETIME BBQ PORK POTATOES CRMY CUCUMBER SALAD BANANA CHOCOLATE CHIP BAR	<b>13 9AM - EXERCISE</b> 9:30AM-COFFEETIME MEATLOAF BAKED POTATO HALF LIMA BEANS ORANGES FUDGE OATMEAL BAR	<b>14</b> <u>&lt;&lt;&lt;&lt;Y/JET PT SR SEMINAR</u> <u>10:30 AM</u> <u>FRI 13TH</u>
<b>15</b>	<b>16 9AM - EXERCISE</b> 9:30AM-COFFEETIME MARTIN LUTHER KING JR DAY	<b>17 9AM - EXERCISE</b> 9:30AM-COFFEETIME LASAGNA ROLL UP GARLIC BREAD SPINACH SALAD FRUIT PUDDING	<b>18 9AM - EXERCISE</b> 9:30AM-COFFEETIME PORK LOIN BAKED POTATO HALF SQUASH CREAMY COLESLAW RICE&RAISIN PUDDING	<b>19 9AM - EXERCISE</b> 9:30AM-COFFEETIME SLOPPY JOE SWEET POTATO FRIES BROCCOLI RAISIN SALAD BANANA	<b>20 9AM - EXERCISE</b> 9:30AM-COFFEETIME SALMON LOAF POTATOES CREAMED PEAS STRAWBERRIES & BANANAS	<b>21</b>
<b>22</b> 	<b>23 9AM - EXERCISE</b> 9:30AM-COFFEETIME BBQ RIBBETTE OVEN BROWN POTS PEAS & CARROTS ORANGES OATMEAL COOKIE	<b>24 9AM - EXERCISE</b> 9:30AM-COFFEETIME BEEF & NOODLES WINTER MIX CALICO VEGETABLE SALAD APPLES & ORANGES	<b>25 9AM - EXERCISE</b> 9:30AM-COFFEETIME TURKEY ROAST MASHD SWEET POTS BROCCOLI CREAMY CUCUMBER SALAD - FRUIT	<b>26 9AM - EXERCISE</b> 9:30AM-COFFEETIME *SHEPHERDS PIE BRUSSEL SPROUTS APRICOTS PINEAPPLE UPSIDE DOWN CAKE	<b>27 9AM - EXERCISE</b> 9:30AM-COFFEETIME HOT ROAST BEEF SANDWICH MASHD POTS&GRAVY LIMA BEANS BANANA CAKE	<b>28</b> <u>BLOOD PRESSURE CHECK ON THURSDAY</u> <u>&lt;&lt;&lt;&lt;&lt;JAN 26</u>
<b>29</b>	<b>30 9AM - EXERCISE</b> 9:30AM-COFFEETIME EGG & CHEESE BAKE MUFFIN CRISPY CUBE POTS BANANA ORANGE JUICE	<b>31 9AM - EXERCISE</b> 9:30AM-COFFEETIME CHICKEN NOODLE CASSEROLE BROCCOLI W/CHEESE MIXD GREEN SALAD FRUIT		<u>SUGGESTED COST</u> \$3.00 TO \$4.00 FOR OVER 60 YRS \$4.00 FOR UNDER 60 YRS \$3.00 FOR HOME DELIVERED OVER 60	*COOK'S CHOICE 	"The smallest good deed is better than the grandest good intention." --Duguet