



Mizell Senior Center January 2019 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>▲ = High Sodium Day</p>	<p>1 CLOSED</p> 	<p>2 White Bean Chicken Chili Mixed Vegetables Corn Bread</p>	<p>3 Chicken Salad Sandwich Lettuce & Tomato Baked Chips Pea Salad</p>	<p>4 Swedish Meatball Mashed Potatoes California Blend Vegetables Wheat Roll</p>
<p>7 Beef Pot Roast Potatoes & Carrots Green Beans Wheat Roll</p>	<p>8 ▲ Cheese Manicotti W/Meat Sauce California Blend Vegetables Garlic Bread</p>	<p>9 Chicken Florentine Rice Pilaf Peas & Carrots Wheat Roll</p>	<p>10 Teriyaki Chicken Asian Vegetables Brown Rice</p>	<p>11 ▲ Shepard's Pie Mashed Potatoes California Blend</p>
<p>14 Chicken Cordon Bleu Roasted Potatoes Green Salad Dinner Roll</p>	<p>15 Beef Stroganoff Egg Noodles Carrots Wheat Roll</p>	<p>16 ▲ Roast Turkey Sandwich Whole Grain Bread Lettuce & Tomato Beet Salad</p>	<p>17 Oven Fried Chicken Mashed Potatoes W/Gravy Mixed Vegetables Wheat Roll</p>	<p>18 Baked Ziti with Mini Meatballs Broccoli</p>
<p>21 Beef & Cheese Enchilada Broccoli Spanish Rice</p>	<p>22 Egg Salad Sandwich Wheat Bread Baked Chips</p>	<p>23 Beef Stew W/Potatoes & Carrots Cauliflower Mix Wheat Roll</p>	<p>24 Chef Salad Ham, Turkey, Cheese HB Egg, Dressing Crackers</p>	<p>25 Meat Loaf Mashed Potatoes W/Gravy Carrots Wheat Roll</p>
<p>28 Spaghetti W/Meat Sauce Italian Vegetables Garlic Bread</p>	<p>29 Roasted Chicken Breast Farfalle Pasta Broccoli Au gratin Wheat Roll</p>	<p>30 ▲ Hamburger Lettuce & Tomato Tater Tots Coleslaw</p>	<p>31 Herbed Baked Chicken Garden Rice Chuck Wagon Vegetables Wheat Roll</p>	