



=HIGH SODIUM MEAL



# Mizell Senior Center

## January 2018 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  	<b>2</b> Spaghetti w/ Meat Sauce Italian Vegetables Garlic Bread Fruit Cocktail, Milk	<b>3</b> Chicken Burrito Zucchini & Tomato Aztec Rice, Sour Cream & Salsa Banana, Milk	<b>4</b> Tuna Salad Sandwich Lettuce Tomato Baked Chips Pea Salad Apple Sauce Milk	<b>5</b> Beef Stroganoff Egg Noodles California Blend -Vegetable Wheat Roll Juice, Milk, Yogurt
<b>8</b> Beef Pot Roast Potatoes & Carrots Lima Beans Wheat Roll Diced Peaches, Milk	<b>9</b>  Mac & Cheese with Kielbasas Sausage California Blend –Vegetable Apple, Milk	<b>10</b> Parmesan Chicken Roasted Potatoes Peas & Carrots Wheat Roll Banana, Milk	<b>11</b> Teriyaki Chicken Asian Vegetables Brown rice Orange, Milk	<b>12</b>  Pulled Pork Sandwich Tater tots Coleslaw Juice, Milk, Yogurt
<b>15</b> Beef Lasagna Green Salad Italian Dressing Garlic Bread Fruit Cocktail, Milk	<b>16</b> Chicken Broccoli Rice Casserole Carrots Wheat Roll Peaches, Milk	<b>17</b>  Hamburger Lettuce Tomato Tater Tots Coleslaw Banana, Milk	<b>18</b> Herb Baked Chicken Mashed Potatoes Gravy Mixed Vegetables Wheat Roll Apple, Milk	<b>19</b> Roast Turkey and Cheese Multi Grain Sandwich Lettuce & Tomato Beet Salad Juice, Milk, Yogurt
<b>22</b> Beef & Cheese Enchilada Spinach Spanish Rice Banana, Milk	<b>23</b> Asian Chicken Asian Vegetables Brown Rice Hawaiian Roll Orange, Milk	<b>24</b> Beef Stew with Potatoes & Carrots Cauliflower Mix Wheat Roll Applesauce, Milk	<b>25</b> Chef Salad Ham, Turkey, Cheese HB Egg, Dressing Crackers Diced Peaches, Milk	<b>26</b> Meat Loaf Mashed Potatoes Gravy Carrots Wheat Roll Juice, Milk, Yogurt
<b>29</b> Spaghetti with Meat Sauce Italian Vegetables Garlic Bread Cranberry Juice, Milk	<b>30</b> Baked Ziti with Italian Sausage Broccoli Banana, Milk	<b>31</b> Baked Chicken Breast Rice Pilaf Corn and Peppers Wheat Roll Apple, Milk	<b>Feb 1<sup>st</sup></b> Chicken Enchiladas Black Beans Spanish Rice Zucchini & Tomatoes Apple Sauce, Milk,	<b>Feb 2<sup>nd</sup></b> Baked Cod Rice Pilaf Mixed Vegetables Wheat Roll Orange, Milk, Yogurt



=DIA de ALTO SODIO



# Mizell Senior Center

## Enero 2018 Menu



Lunes	Martes	Miercoles	Jueves	Viernes
<b>1</b>  1	<b>2</b> Spaghetti C/Salsa y Carne Vegetal Italiano Pan de Ajo Coctel de Fruta, Leche	<b>3</b> Burrito de Pollo Calabacitas y Tomate Arroz Azteca Crema y Salsa Banana, Leche	<b>4</b> Sanguich c/Ensalada de Tuna Lechuga y Tomate Papitas Horneadas Ensalada de Chicharos Pure de Manzana, Leche	<b>5</b> Stroganoff de Res Fideos de Huevo Mezcla Vegetal California Panecillo Integral Jugo, Leche, Yogurt
<b>8</b> Beef Pot Roast Papa Y Zanahorias Habas Panecillo Integral Durazno Picado, Leche	<b>9</b>  Mac & Cheese c/Kielbasas Sausage Mezcla Vegetal California Manzana, Leche	<b>10</b> Pollo Parmesan Papas al Horno Chicharos y Zanahoria Panecillo Integral Banana, Leche	<b>11</b> Pollo Teriyaki Vegetal Asiatico Arroz Integral Naranja, Leche	<b>12</b>  Pulled Pork Sandwich Barriles de Papa Ensalada de Col Jugo, Leche, Yogurt
<b>15</b> Lasagna de Res Ensalada Verde Adereso Italiano Pan de Ajo Coctel de Fruta, Leche	<b>16</b> Caserola de Pollo, Brocoli y Arroz Zanahoria Panecillo Integral Durazno, Leche	<b>17</b>  Hamburguesa Lechuga y Tomate Barriles de Papa Ensalada de Col Banana, Leche	<b>18</b> Pollo al Horno con Especies Pure de Papas Gravy Vegetal Mixto Panecillo Integral Manzana, Leche	<b>19</b> Sanguich de Pavo Horneado y Queso en Pan Multi Granos Lechuga & Tomate Ensalada de Remolacha Jugo, Leche, Yogurt
<b>22</b> Enchiladas de Res y Queso Espinacas Arroz Español Banana, Leche	<b>23</b> Pollo Asiatico Vegetal Asiatico Arroz Integral Panecillo Hawaiiiano Naranja, Leche	<b>24</b> Beef Stew con Papas y Zanahoria, Coliflor Mixto Panecillo Integral Pure de Manzana, Leche	<b>25</b> Ensalada Chef Jamon, Pavo, Queso, Huevo Hervido, Adereso Galleta Saladas Durazno Picado, Leche	<b>26</b> Meat Loaf Pure de Papas c/Gravy Zanahoria Panecillo Integral Jugo, Leche, Yogurt
<b>29</b> Spaghetti C/Salsa y Carne Vegetal Italiano Pan de Ajo Jugo de Arandano, Leche	<b>30</b> Baked Ziti con Salchicha Italiana Broccoli Banana, Leche	<b>31</b> Pechuga de Pollo al Horno Arroz Pilaf Elote y Chile Campana Panecillo Integral Manzana, Leche	<b>Feb 1<sup>ro</sup></b> Enchiladas de Pollo Frijol Negro Arroz Español Calabacitas y Tomate Pure de Manzana, Leche	<b>Feb 2<sup>ndo</sup></b> Bacalao al Horno Arroz Pilaf Vegetal Mixto Panecillo Integral Naranja, Leche, Yogurt