


Senior Meals and Services	Noon Meal Calendar For Espresso Café - Cando Call 968-3809 The Day Prior for Reservation				Month of January 2025
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		 1	2	3 Hot dog bun Grilled Brats//kraut French Fries Balsamic Brussel Sprouts Orange slices	
Breadstick 6 Chicken Spaghetti House Salad/dressing Beets Peach Crisp	Bread 7 Salisbury Steak Mashed Potatoes California Blend Veggies Pears	8 LS = low sodium Salad: tossed, fruit, coleslaw, potato, macaroni w/peas	9	10 Bread Cheese Soup Turkey/Swiss Sandwich Two Bean Salad Banana	
Bread 13 Tuna Salad Sandwiches House Salad/Dressing Seasoned Peas Apple Slices	Bread 14 Chicken Chow Mein Rice Oriental Blend Vegies Ambrosia	15 Menus subject to change upon availability	16	17 Garlic Toast Beef Stroganoff Green Beans Peaches	
Bread 20 Tomato Florentine Soup Grilled Cheese Broccoli Salad Strawberries & Yogurt	Breadstick 21 Baked Fish with Garlic Butter Sauce Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges	22	23	24 Bread Turkey Breast Stuffing Mashed Potatoes/Gravy Cranberry Sauce	
Bread 27 Ranchers Chicken Ginger Whipped Sweet Potatoes Baby Lima Beans Fruit Salad	Bread 28 French Toast Turkey Sausage Hashbrown Patty Blueberry Cobbler	29	30	31 Garlic Toast Tater Tot Hotdish Green Beans House Salad/dressing Applesauce	
<p>Older Americans Act federal regulations require individuals 60 and older to complete an annual registration in order to participate in the Congregate Meals Program, or a semi-annual registration to participate in the Home-Delivered Meals Program. You will be notified when it is time to update.</p>				<p>Age 60 and over: Suggested Contribution Congregate and Home Delivered Meals Is \$5.00. Contribute as you are able. Those under 60 or who do not complete a registration form must pay \$14.79 per meal.</p>	