


January 2018

Please call 24 hours in advance to reserve or cancel lunch- suggested donation \$3

Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed Happy New Year	2 Chicken & biscuits with peas, zucchini and yellow squash, peaches	3 Salisbury steak with mushroom gravy, string beans, sour cream, chive mashed potato, marble rye bread, ambrosia	4 Shepherd's pie with gravy on the side, carrot & raisin salad, marble rye bread, hot fruit compote with sugar cookie	5
8 Coffee Hour - 10am Topic: UVM Medical Center's Community Health Resource Center	9 January Birthday Lunch Jolley North Ave Wraps: ham, turkey, or veggie wraps, green salad, and birthday cake 	10 Herb baked chicken breast, orzo vegetable salad, julienne carrots, wheat bread, chocolate pudding	11 Eggplant parmesan, tossed garden salad with Italian dressing, garlic bread, tropical fruit	12
15 Coffee Hour- 10am Topic: Importance of Maintaining Healthy Skin	16 Pork riblets, whipped sweet potatoes, broccoli & cauliflower, wheat bread, mandarin oranges	17 Vegetable lasagna, garden salad, wheat roll, chocolate chip cookie	18 Baked stuffed peppers with beef, garden vegetable medley, whole wheat roll, warm fruit filled cookie	19
22 Coffee Hour- 10am Topic: Ted Talk- New Year's Resolutions	23 Roast pork & gravy, roasted red potatoes, peas, apple sauce, dinner roll, lemon meringue pie	24 Beef stew with vegetables, broccoli & cranberry raisin salad, biscuit, brownie	25 Broccoli & cheddar soup, Caesar salad with chicken & croutons, oatmeal raisin cookie	26
29 Coffee Hour- 10am Topic: Know the 10 signs of Alzheimer's disease 9:30 Echo Trip & Lunch	30 Swedish meatballs with mushroom gravy, baked potato with sour cream, peas & onions, pumpernickel bread, mandarin oranges	31 Chicken breast, bread stuffing, spinach, baked potato, sour cream, pears with cinnamon		