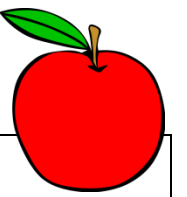




El Mirage Senior Center Menu – January 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menu	1 Senior Center Closed	2 Salad of the Day, Baked Pork Chop, Couscous, Mixed Peppers, Rye Bread, Sliced Pears	3 Soup of the Day, Oven Fried Fish, Peas, Carrots, Dinner Roll, Fruit Compote
6 Soup of the Day, Dijon Crusted Chicken, Roasted Potatoes, Spinach and Mushrooms, Dinner Roll, Fruited Gelatin	7 Salad of the Day, Gingered Beef, Asian Noodles, Oriental Vegetables, Almond Cookie, Mandarin Oranges	8 Soup of the Day, Roast Pork, Rice Pilaf, Baked Tomato with Peas, Bread, Sliced Pears	9 Salad of the Day, Cheese Lasagna, Spinach, Mixed Peppers, Bread, Apricots 	10 Soup of the Day, Fish Filet with Sauce, Sweet Potatoes, Zucchini Squash, Bread, Sliced Peaches
13 Soup of the Day, Italian Meatballs, Pasta, Brussels Sprouts, Waxed Beans, Bread, Fruit Compote	14 Salad of the Day, Sliced Ham with Peach Ginger Sauce, Candied Sweet Potatoes, Green Beans, Dinner Roll, Sliced Peaches	15 Soup of the Day, Roast Turkey, Mashed Potatoes, Green Salad, Bread, Apricots	16 Salad of the Day, Cabbage Roll, Noodles, Seasoned Spinach, Rye Bread, Applesauce	17 Soup of the Day, Salmon in Wine, Rice Pilaf, Lima Beans, Bread, Sliced Pears
20 Senior Center Closed Martin Luther King, Jr. Day	21 Salad of the Day, Roast Chicken, Roasted Yams, Spinach and Mushrooms, Bread, Gelatin with Pears	22 Soup of the Day, Roast Beef, Rice Pilaf, Wax Beans, Rye Bread, Tropical Fruit Mix	23 Salad of the Day, Cheese Lasagna, Italian Vegetables, Rosemary Carrot, Garlic Bread, Fresh Fruit in Season	24 Soup of the Day, Tuna Salad Plate, Tomatoes and Cucumbers, Mixed Peppers and Onions, Bread Sticks, Apricots
27 Soup of the Day, Roast Turkey, Mashed Potatoes, Green Beans, Biscuit, Cantaloupe 	28 Salad of the Day, Cabbage Rolls, Rice Basmati, Mixed Veggies, Rye Bread, Applesauce	29 Soup of the Day, Pork Loin with Sauce, Roasted Potatoes, Carrots and Broccoli, Bread, Mandarin Oranges	30 Salad of the Day, Orange Chicken, White Rice, Oriental Vegetables, Egg Roll and Pineapple Chunks	31 Soup of the Day, Parmesan Fish, Couscous, Butternut Squash, Roll, Fresh Peaches