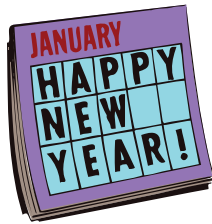



# ST. CHARLES AREA AGENCY ON AGING • JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Your Contributions are Greatly Appreciated.</b></p> <p><b>Please Help Your Council on Aging Help Others.</b></p>	<p>All Meals are Served With 1/2 Pint of 2% Milk.</p>	<p><u>CLOSED FOR HOLIDAY</u></p> 	<p><b>Smothered Chicken Breast</b> Candied Sweet Potatoes Green Peas w/Peppers Whole Wheat Bread Margarine Fruit &amp; Grain Bar</p>	<p><b>Tuna Salad Sandwich</b> on Whole Wheat Bread Potato Chowder Winter Blend Vegetables Pineapple</p>
<p><b>Meatball Hoagie w/Creole Sauce</b> Lima Beans Capri Blend Vegetables Applesauce</p>	<p><b>Red Beans &amp; Sausage w/Brown Rice</b> Garden Salad w/Dressing Seasoned Turnip Greens Cornbread / Margarine LD Choc Chip Crm Pie</p>	<p><b>Chicken Fettuccine</b> Zucchini w/Red Peppers Glazed Carrots Whole Wheat Bread Margarine Fruit Punch</p>	<p><u><b>BREAKFAST SPECIAL</b></u> <b>Breakfast Sausage or Sliced Ham</b> Grits/Escaloped Apples Strawberry Kiwi Juice Biscuit/Jelly/Margarine Fruit &amp; Grain Bar</p>	<p><b>Meatloaf w/Gravy</b> Mashed Potatoes Southern Green Beans Whole Wheat Bread Pudding Cup</p>
<p><b>Chicken &amp; Sausage Jambalaya</b> Buttered Cabbage Carrots White Dinner Roll Margarine LD Oatmeal Cookie</p>	<p><b>Country Vegetable Beef Stew</b> Brown Rice Chuckwagon Corn Whole Wheat Bread Margarine Fruit Punch</p>	<p><u><b>SPECIAL BY TANGIPAHOA</b></u> <b>Chicken &amp; Sausage Gumbo w/Rice</b> Pickled Beets Potato Salad Whole Wheat Crackers LD Bday Cake/Ice Crm</p>	<p><b>Hamburger</b> on a Bun Lettuce/Tomato/Pickle Mustard/Mayonnaise Baked Beans Fresh Fruit Chocolate Milk</p>	<p><b>Chicken Salad</b> Vegetable Soup Broccoli Saltine Crackers Peanut Butter Bar</p>
<p><u>CLOSED FOR HOLIDAY</u></p> 	<p><b>Chili w/Beans</b> Steamed Spinach Chuckwagon Corn Saltine Crackers Margarine Mixed Fruit</p>	<p><b>Ham w/White Beans &amp; Rice</b> Carrots Coleslaw Cornbread Margarine Fruit &amp; Grain Bar</p>	<p><b>Spaghetti w/Meat Sauce</b> Garden Salad w/Italian Italian Blend Vegetables White Dinner Roll Apple Cobbler</p>	<p><b>BBQ Bone-In Chicken</b> Loaded Potatoes Southern Green Beans Whole Wheat Bread Margarine Fresh Orange</p>
<p><b>Chicken Cacciatore</b> Brussels Sprouts Glazed Carrots White Dinner Roll Margarine LD Fig Bar</p>	<p><b>Hot Dog w/Chili</b> on a Bun Coleslaw Fiesta Potatoes Spiced Apple Slices</p>	<p><b>Beef Taco Salad</b> over Corn Chips Shredded Cheddar Lettuce &amp; Tomato Sour Cream/Taco Sauce Chuckwagon Corn Pineapple</p>	<p><b>Chicken Divan Casserole</b> Southern Green Beans Stewed Tomatoes Whole Wheat Bread Margarine LD Ban-Mrshmlw Pie</p>	<p><b>Sweet &amp; Sour Pork w/Rice</b> Broccoli Mandarin Oranges Whole Wheat Bread Fortune Cookie</p>