

Senior Meals Whitingham Municipal Center

JANUARY MENU

Thursday, January 3rd *Baked Cod, broccoli & cauliflower, home fries, tossed salad, pudding*

Tuesday, January 8th *Baked chicken, rice pilaf, carrots, split pea, cranberry sauce, Chocolate chip cookie*

Wednesday, January 9th *Readsboro Meal*

Thursday, January 10th *Stuffed pepper, mashed potatoes, ginger carrot soup, bread pudding*

Tuesday, January 15th *Spaghetti and meatballs, spinach & onions, garlic bread, fresh tossed salad, tropical fruit salad*

Thursday, January 17th *Pork tenderloin, acorn squash, baked potatoes, apple sauce, cream of mushroom soup brownies*

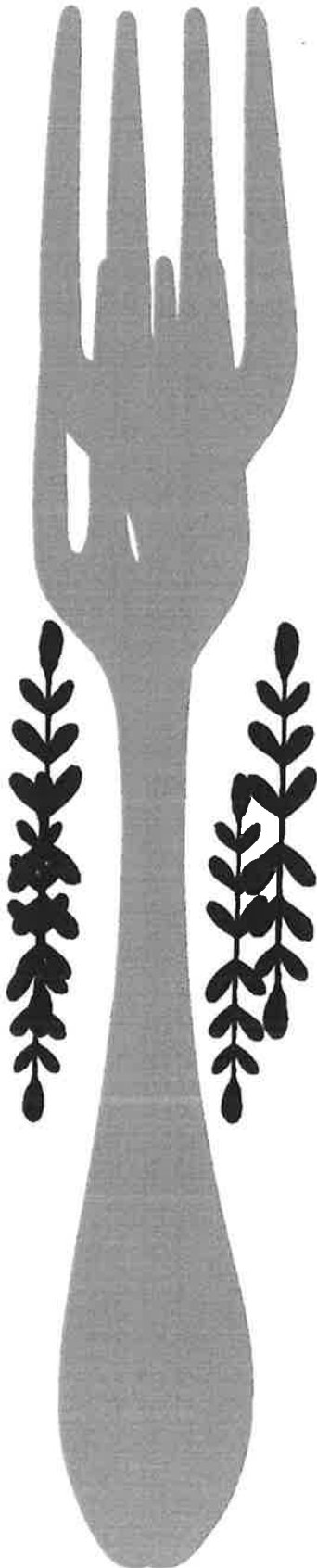
Friday, January 18th *HALIFAX MEAL*

Tuesday, January 22th *Chicken pot pie, saute' green beans, cream of mushroom soup, mandarin oranges*

Thursday, January 24th *Baked meatloaf, au gratin potatoes, green peas & onions, New England Clam Chowder Ice cream & fruit - VISITING NURSE HERE*

Tuesday, January 29. *Baked stuffed sole, mixed vegetables, sweet potatoes, julienne vegetables, baked apple.*

Thursday, January 31. *Pulled pork, sweet potato fried, pickle, 3 bean salad, birthday cake.*



For more information call Deerfield Valley Senior Meals
Thursday & Thursday 10:00 - 1:30 802-368-7567
\$3 suggested Donation 60+...Meals served at Noon