

JANUARY 2012

To RSVP or cancel your meal please call your site.
 To cancel your Home Delivered Meal, call 527-2414.
 Corning 824-4727 Los Molinos 527-2414
 Red Bluff 527-2414

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 CLOSED FOR HOLIDAY	3 Turkey w/Gravy Cranberry Sweet Potatoes A Bread Dressing Brussels Sprouts C Wheat Roll Mixed Berries C	4 ETHNIC MENU Chili Verde Steamed Rice Parsley Carrots A 3-Besn Salad Flour Tortilla Mango Medley A/C	5 Chicken Fried Steak Mashed Potatoes Capri Vegetables Orange Pineapple Juice C Bran Muffin Applesauce	6 HEALTHY HEART MENU Chicken Noodle Soup Mixed Vegetables A Wheat Crackers Pickled Beets Tropical Fruit Cup C	7	
8	9 Sloppy Joe w/ Cheese Broccoli Salad C Wheat Bun Grape Juice Apple Oatmeal Cake	10 Veal Parmesan Cauliflower C Carrot Raisin Salad A Wheat Roll Peach Cobbler	11 BBQ Chicken Scalloped Potatoes with Buttered Crumbs Green Beans Wheat Bread Mandarin Oranges C	12 Minestrini Soup w/ Mixed Vegetables A Seasoned Bread Stick Cranberry Juice C Luau Fruit Cup A/C	13 Stuffed Salmon with Morney Sauce Rice Pilaf Broccoli A/C Orange Juice C Apricots A	14	
15	16 CLOSED FOR HOLIDAY	17* Ham Sweet Potatoes A Baby Lima Beans Rye Bread Pineapple Orange Juice C Cherry Dump Cake	18 ETHNIC/VEGETARIAN MENU Chili Rellenos Casserole Spanish Rice, Flour Tortilla Mexicali Corn Grape Juice Chilled Mango A/C	19 Hungarian Goulash/Noodles Butternut Squash A Apple Juice Wheat Roll Strawberries C	20 Meatloaf Mashed Potatoes Zucchini & Cauliflower C Wheat Bread Applesauce	21	
22	23 Swedish Meatballs Steamed Rice Spinach A Cranberry Juice C Wheat Roll Fruit Ambrosia	24 ETHNIC HEALTHY HEART DAY Chicken Tortilla Soup Tossed Salad Tropical Fruit Cup C Cinnamon Churro	25 BBQ Ribette Garlic Roasted Potatoes Marinated Vegetable Salad A/C Seasoned Bread Stick Pear Cranberry Cobbler	26 Chicken Tetrazini Brussels Sprouts C Marinated Pea Salad Wheat Bread Peaches	27 Beef Stew w/ Potatoes, Peas Beans & Carrots A Pineapple Orange Juice C Biscuit Banana Cream Dessert	28	
29	30 Scalloped Chicken Cauliflower C Cherry Apple Juice Bread Stick Mixed Fruit Cup	31 Pork Chow Mein Steamed Rice Stir Fry Vegetables A/C Apple Juice Ginger Bread w/Applesauce	MENU SUBJECT TO CHANGE 2% Milk Served Daily *High Sodium Day				