

# Senior Meals Whitingham Municipal Center

## JANUARY MENU

**Thursday, January 2nd** *Chicken Parmesan w/spaghetti, zucchini and squash, fresh tossed salad, pudding*

**Tuesday, January 7th** *Baked chicken, Spanish rice, carrots, cranberry sauce, chocolate chip cookie*

**Wednesday, January 8th** *Readsboro Meal*

**Thursday, January 9th** *Stuffed peppers, sweet potatoes, Ginger Carrot soup, bread pudding*

**Tuesday, January 14th** *Ziti and meatballs, spinach & onions, garlic bread, fresh tossed salad, tropical fruit mix*

**Thursday, January 16th** *Pork tenderloin, acorn squash. Baked potato, apple sauce, Caprese salad, brownies*

**Friday, January 17th** *Readsboro Meal*

**Tuesday, January 21st** *Chicken pot pie, Sauté green beans, cream of mushroom soup, mandarin oranges*

**Thursday, January 23rd** *Baked meatloaf, au gratin potatoes, green peas, New England Clam Chowder ice cream*  
—— VISITING NURSE WILL BE HERE

**Tuesday, January 28th.** *Baked stuffed sole, mixed vegetables, mashed potatoes, tossed salad, pudding*

**Thursday, January 30th** *Eggplant Parmesan, spaghetti, green beans, Minestrone Soup, birthday cake*



For information call Deerfield Valley Meals  
Tuesdays and Thursdays 10:00 - 1:30. 802-368-7567  
\$4 suggested donation 60+ ...Meals served at Noon.