

# Senior Meals Whitingham Municipal Center

## JANUARY MENU

**Tuesday, January 3<sup>rd</sup>** . *Beef & Stout pie, rice pilaf, corn, split pea soup, chocolate chip cookie*

**Thursday, January 5<sup>th</sup>** *Baked White fish, green beans, sweet potatoes, caprice salad, apple crisp*

**Tuesday, January 10<sup>th</sup>** *Baked meatloaf, au gratin potatoes, green peas & onions, tossed salad, pudding*

**Wednesday, January 11<sup>th</sup>** **READSBORO MEAL**

**Friday, January 20<sup>th</sup>** **HALIFAX MEAL**

**Thursday, January 12<sup>th</sup>** *Chicken parmesan, over pasta, carrots, minestrone soup, fresh fruit*

**Tuesday, January 17<sup>th</sup>** *Sausage, pepper and onion sandwich, French fries, coleslaw, tossed salad, cottage cheese fluff*

**Thursday, January 19<sup>th</sup>** *Chicken marsala, mixed vegetables, rice, vegetable soup, cookie*

**Tuesday, January 24<sup>th</sup>** *Pork loin, mixed vegetables, baked sweet potatoes, tortellini soup, brownies*

**Thursday, January 26<sup>th</sup>** *Garlic and Lemon Cod, broccoli & cauliflower, home fried potatoes, clam chowder, Birthday Cake*

**Tuesday, January 31<sup>th</sup>** *Shepherds Pie, carrots, split pea, pudding*



For information call Deerfield Valley Meals 802-368-7567  
On Facebook "Deerfield Valley Senior Meals"

Tuesday & Thursday meal served at noon

\$5 suggested donation 60+

Free Transportation Moover call 888-869-6287 for pick up.