

**VALENCIA COUNTY OLDER AMERICAN PROGRAM
MONTHLY MENU – January 2015**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			CLOSED HAPPY NEW YEAR!!!!	Carrot Salad Fish Sandwich Broccoli Tators Fruit / Milk
5	6	7	8	9
Salad Asian Beef W/Peppers Oriental Vegetables Rice Crackers Fruit / Milk	Green Chile Cheese Burger Lettuce, Tomato & Onion Fries Fruit / Milk	Tamale W/Red Chile Lettuce & Tomato Spinach Spanish Rice Fruit/Milk	Carrot Raisin Salad Ground Beef Steak W/Onion Gravy Green Beans Mashed Potatoes/Roll Fruit / Milk	Tomato/Onion Salad Pork Carnitas Red Chile Squash Refried Beans Fruit / Milk
12	13	14	15	16
Cole Slaw Sloppy Joes Jalapenos & Onions Potato Chips Fruit / Milk	Salad Baked HamW/ Pineapple Glaze Green Beans Sweet Potato-Roll Fruit / Milk	Salad Chicken Strips Peas & Carrots Potato Salad Bread Fruit / Milk	Bean Salad Beef Tips W/Mushrooms Broccoli Mashed Potatoes Fruit / Milk	Zucchini Salad Spaghetti W/Marinara Italian Vegetables Garlic Bread Fruit / Milk
19	20	21	22	23
VCOAP Closed	Zucchini Salad Lettuce/Tomato/Salsa Beef Tacos Refried Beans Fruit / Milk	Tomato & Onion Salad Hot Turkey Sandwich Brussels Sprouts Mashed Potatoes Fruit / Milk Fruit	Salad Chicken Teriyaki Oriental Vegetables Rice/Crackers Fruit / Milk	Carrot Salad Roast Pork Broccoli Scalloped Potatoes Roll Fruit / Milk
26	27	28	29	30
Green Bean Salad Beef and Macaroni Italian Vegetables Garlic Bread Fruit / Milk	Cole Slaw Chile Cheese Dog Peppers/Onions Ranch Beans Fruit / Milk	BF Potluck/ Birthday Party With Fiddlers & Musicians Of NM	Green Chile Chicken Enchiladas Lettuce & tomato Spinach Refried Beans Fruit / Milk	Cucumber Salad Tuna Salad Sandwich Lettuce/Tomato Chips Fruit/Milk