

# Forsyth Senior Center Menu January 2022

PLEASE CALL BY 9:30 346-2878 - ALL MEALS SUBJECT TO CHANGE - SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00 - ALL MEALS SERVED WITH WATER, COFFEE, TEA, JUICE, AND 2% MILK

 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
3	4	5	6	7
Beef & Noodles Peas & Carrots Fruit Salad Bars	Pork Fritters Oven Potatoes Corn Salad Apples	Chicken Noodle Soup Deli Sandwiches Relish Tray Dessert	Cook's Choice	Spanish Rice Salad Green Beans
10	11	12	13	14
Goulash Coleslaw Carrots Fruit	Chicken Enchiladas Refried Beans Salad Cake	Split Pea Soup Beef Sandwiches Pineapple Cake	Polish Dogs Sauerkraut Potatoes Carrots Fruit	Scalloped Chicken Mashed Potatoes Broccoli Normandy Peaches
17	18	19	20	21
<b>Center Closed</b>	<b>Taco Tuesday</b>	Cheesy Broccoli Soup Chicken Salad Sandwiches Fruit Salad Cookies	BBQ Pork on a Bun Coleslaw Cherry Dump Cake	Cod Fish Baked Potatoes Creamed Peas Fruit
24	25	26	27	28
Sausage & Gravy over Biscuits Carrots Apple Crisp	Chicken Ala King Rice Stir Fry Vegetables Blueberry Cheese Cake	Ham & Vegetable Soup Egg Salad Sandwiches Fruit Pumpkin Pie Cake	Tuna Casserole Beets Lemon Pudding Bars	Meatloaf Mashed Potatoes Corn Salad Fruit
31	1	2	3	4
Baked Beans & Weiners Coleslaw Fruit	Waffles Sausage Links Fresh Fruit	Chili Grilled Cheese Relish Tray Cookies	Cook's Choice	Beef Pot Pie Fruited Jell-O Cookies