MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sloppy Joe * 4 Potato Wedges Parslied Carrots Pepper Cole Slaw Applesauce Spice Cake	**Pinto Beans w/ Ham * 5** Tossed Green Salad w/Tomato & Dressing Cornbread Chilled Pineapple Chunks	**Chicken Keiv * 6** Rice Pilaf Broccoli/Cauliflower Green Salad w/ Dressing Whole Wheat Dinner Roll Fruit Salad (Melon, orange, & pineapple chunks)	**Hamburger 7** w/ Mayo/Mustard/Ketchup Lettuce/Tomato/Onion Potato Wedges Creamy Cole Slaw Chilled Mandarin Oranges	**Tuna Salad * 8** **on Spinach/Romaine Mix** Tomato Wedges Carrot Sticks Pickle Spears Whole Wheat Crackers Banana Jell-O
Pepper Steak w/Gravy * 11 Mashed Potatoes Whole Kernel Corn Lettuce/Spinach Salad w/ Ranch Dressing Whole Wheat Dinner Roll Chilled Pears	**Taco Salad 12** **w/ Tortilla Chips** w/ Shredded Cheese w/ Shredded Lettuce w/ Diced Tomatoes Refried Beans Salsa Chilled Mandarin Oranges	**Honey Glazed Chicken * 13** **Skewers** Baked Sweet Potatoes Spinach Salad w/ Tomatoes & Egg Garnish w/ Ranch Dressing Whole Wheat Dinner Roll Melon Slice Jell-O	**Beef Stroganoff * 14** **w/ Egg Noodles** Mixed Vegetables Tossed Green Salad w/ Garbanzo Beans & Dressing Whole Wheat Dinner Roll Fruit Salad (Melon, oranges, & pineapple chunks)	**Bread Fish Fillet * 15** w/ Tartar Sauce & Lemon Potato Wedges Mixed Vegetables Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Strawberries
Holiday Frozen Meal 18 For MOWs Only **Martin Luther King Jr. Birthday** CHERISH Sites CLOSED	**Beef Stew 19** **w/ Potatoes & Carrots** Creamy Cole Slaw Whole Wheat Dinner Roll Fruit Salad (Melon, orange, & pineapple chunks)	**Teriyaki Chicken Skewers * 20** **w/ Pineapple Tidbits** Steamed Rice Mixed Vegetables Green Salad w/ Dressing Whole Wheat Dinner Roll Apple Crisp	**Beef Taco 21** w/ Shredded Cheese & lettuce w/ Diced Tomatoes Refried Beans Salsa Chilled Pears	**Tuna Salad * 22** **on Spinach/Romaine Mix** Tomato Wedges Carrots Sticks Pickle Spears Whole Wheat Crackers Banana Jell-O
White Navy Beans * 25 **w/ Ham** Zucchini/Cauliflower Pepper Cole Slaw Cornbread Apple Wedges	**Lasagna * 26** Lima Beans Lettuce/Spinach Salad w/ Italian Dressing Garlic French Bread Chilled Mandarin Oranges	**Chicken Cordon Bleu * 27** Rice Pilaf Broccoli/Cauliflower Green Salad w/ Dressing Whole Wheat Dinner Roll Applesauce Spice Cake	**Salisbury Steak * 28** **w/ Gravy** Mashed Potatoes Carrots/Peas Green Salad w/ Dressing Whole Wheat Dinner Roll Orange Wedges	**Breaded Fish Fillet * 29** w/ Tartar Sauce & Lemon Potato Wedges Mixed Vegetables Creamy Cole Slaw Whole Wheat Dinner Roll Chilled Strawberries

JANUARY 2010 – Senior Nutrition Project CHERISH Menu

- **High Sodium Meal (over 1,000 mg)**

ARE YOU 60 OR OLDER?

ENJOY WITH OTHER SENIORS A NOON MEAL AT A *CHERISH* SITE.

ALL FOOD IS PREPARED IN OUR CENTRAL KITCHEN LOCATED IN MERCED THE FOOD IS THEN LOADED INTO FULLY INSULATED CONTAINERS, WHICH ASSURE BOTH QUALITY AND SAFETY.
THE PREPARED FOOD IS THEN DELIVERED BY VANS TO THE *CHERISH* SITES.

MERCED	**723-9331**
ATWATER	**358-0681**
WINTON	**358-5387**
LIVINGSTON	**394-3954**
GUSTINE (MOW)	**723-4565**
DOS PALOS	**392-6803**
LOS BANOS	**826-4777**
PLANADA	**382-1101**
HILMAR	**632-8982**

Cost of meals is based on **Suggested Contribution** of **$2.00** for **Congregate Meals** and **$2.00** for **Meals-on-Wheels. Guest Cost $4.00 for those 59 years old and under.**

……..And Justice For All…….

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