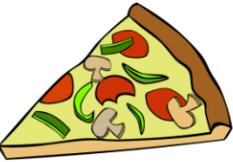




El Mirage Senior Center Menu – January 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Senior Center Closed Happy New Year 2017	3 Buffalo Wrap Chicken, Spinach, Grated Carrots, Tomato Soup, Apple	4 Beef and Cheese, Enchiladas with Beans, Mexican Rice, Peaches	5 Stuffed Bell Pepper, Peas & Carrots, Brown Rice, Peaches	6 Baked Pork Chops, Mashed Potatoes with Skin, Broccoli, Corn Bread, Pineapples
9 BBQ Shredded Pork, Pinto Beans, Green Beans, Cole Slaw, Pineapples	10 Cabbage Roll with Ground Beef, Tomato Sauce, Mashed Potatoes, Peas and Carrots	11 Grilled Chicken Burger with Lettuce & Tomato, Chef's Green Vegetable Sweet Potatoes, Mixed Fruit	12 Grilled Cheese, Tomato Soup, Broccoli & Carrots, Gelatin with Pears	13 Pizza, Carrots Sticks, Ranch Dip, Oranges 
16 Stuffed Bell Pepper, Romaine Salad, With Cucumbers & Tomatoes, Diced Pears	17 Baked Chicken Breast, Mashed Potatoes, Green Beans with Red Peppers, Banana	18 Tamales, Rice and Beans, Gelatin with Fruit	19 Spaghetti and Meatballs, Romaine Salad with Cucumbers and Tomatoes, Peas and Carrots, Peaches	20 Lemon Pepper Tilapia, Wild Rice, Coleslaw, Zucchini and Squash, Fresh Apple
23 Ground Beef Chili, Pinto Beans, Cabbage, Cornbread, Warm Apple Slices	24 Turkey and Cheese, Tortilla wrap with Lettuce, Potato Salad, Spinach Dip, Grapes	25 Homemade Chicken, Mashed Potatoes with Skin, Broccoli, Peaches	26 Cheese Quesadilla, Normandy Blend, Veggies, Lentil Bean Soup, Pineapples	27 Pizza, Carrot Sticks, Ranch Dip, Pears
30 Homemade Beef Chimichanga, Brown Rice with tomatoes, Beans, Gelatin with Fruit	31 Baked Pork Chops, Mashed Potatoes, Spinach, Cornbread, Apple Slices			Menu are subject to change based upon availability