

JANUARY 2012 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED	3 Butternut Macaroni and Cheese Stew Tomatoes Rye Bread Pineapple	4 Vegetable Gumbo Soup Chicken w/ Cog Au Vin Sauce Egg Noodles Whole Wheat Bread Fresh Fruit w/c	5 Sloppy Joes Brown Rice Italian Green Beans Hamburger Bun Pears	6 Teriyaki Diced Chicken Corn and Black Beans Vit C Applesauce Wrap Artic Ice Diet: Vanilla Pudding
9 3C Soup Baked Fish w/ Newburg Sauce Brown Rice Pilaf Whole Wheat Bread Pears	10 SPECIAL Beef Tips Burgandy Red Bliss Potatoes w/Peas and Onions Brussel Sprouts Whole Wheat Dinner Roll Cutie Pie Diet: Cinnamon Diced Apples	11 American Chop Suey Broccoli/Cauliflower Blend White Bread Butterscotch Pudding Diet: SF Butterscotch Pudding	12 Minestrone Soup Chicken Breast w/ Mushroom Sauce Mashed Potatoes Rye Bread Peach Cup Diet: Peaches	13 Ham & Cheese Bake Peas Stewed Tomatoes Whole Wheat Bread Fresh Fruit
16 Martin Luther King Holiday CLOSED	17 Lasagna with Meat Sauce Green Beans White Bread Pineapple	18 Diced Chicken White Bean Chili Brown Rice Whole Wheat Bread Mandarin Oranges	19 Meatballs/Swedish Sauce Mashed Potatoes Green Beans Rye Bread Lemon Pudding Diet : SF Lemon Pudding	20 Cheesy Cauliflower Soup Chicken w/ Rosemary Gravy Cous Cous with Peas and Carrots Whole Wheat Bread Diet: Blueberry Grahams
23 Penne w/Bolognese Sauce (2 Compartment) Winter Blend Whole Wheat Bread Pears **High Sodium	24 Tomato cabbage Soup Chicken Salad w/Cranberries Brown rice Pea Salad Small Sub Roll Peach Cup Diet: Peaches	25 Roast Pork/applesauce Sweet Potato Spinach Rye Bread Chocolate Pudding Diet: SF Chocolate Mouse	26 Chicken Breast w/ BBQ Sauce Warm Italian Potato Salad Italian Green Beans Whole Wheat Bread Chocolate Chip Cookie Diet: Apple Graham	27 Split Pea Soup Potato Crunch Fish Beets Hamburg Bun Fresh Fruit (Vit C)
30 Roast Chicken w/ Marsala Sauce Mashed Potato Brussel Sprouts Whole Wheat Bread Artic Ice Diet: Applesauce	31 Vegetable Soup Bagel Bites (4) Warm cinnamon applesauce Snack'n Loaf Diet: Lemon Graham			Littleton Senior Diner is open 9:00 a.m. to 1:00 p.m. Monday - Friday. Call: Gayle Dalton for Reservations Senior Diner 978-540-2474

JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>closed</p>	<p>3</p> <p>9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg</p>	<p>4</p> <p>Noon Lunch 1:00 Scrabble</p>	<p>5</p> <p>9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg</p>	<p>6</p> <p>9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo</p>
<p>9</p> <p>Noon Lunch</p>	<p>10</p> <p>9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg</p>	<p>11</p> <p>Noon Birthday Luncheon 1:00 Scrabble</p> <p>11:00 "Healthy Me"</p>	<p>12</p> <p>7:30 Ladies' Breakfast 9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg</p>	<p>13</p> <p>9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo</p>
<p>16</p> <p>closed</p>	<p>17</p> <p>9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg</p>	<p>18</p> <p>7:30 Men's Breakfast Noon Lunch 1:00 Scrabble</p>	<p>19</p> <p>9:00 Exercise 10:30 Living Alone Group 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg 3:00 Lunch Ladies & Gentlemen</p>	<p>20</p> <p>9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo</p>
<p>23</p> <p>Noon Lunch</p> <p>1:00 The Tools for a Successful Future</p>	<p>24</p> <p>9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg</p>	<p>25</p> <p>Noon Lunch 1:00 Scrabble</p> <p>10:00 Caregiver Social/Support Group</p>	<p>26</p> <p>9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg</p>	<p>27</p> <p>9:00 Yoga 10:00 WII Noon Lunch 1:00 Bingo 1:00 Bridge</p>
<p>30</p> <p>Noon Lunch</p> <p>9:00 Breakfast with the Director</p>	<p>31</p> <p>9:00 Exercise 11:15 Stretch and Flex Noon Lunch 1:00 Mah-Jongg</p>			