






JANUARY 2019

REGULAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
		Grandioli/sauce and cheese Broccoli Mixed vegetables Garlic breadstick Fresh fruit	Roasted turkey/gravy Cranberry sauce Stuffing Peas Wheat bread apple sauce	Meatballs Rice & kidney beans Carrots Biscuit Fresh fruit
7	8	9	10	11
	Chicken teriyaki Brown rice/pineapple Oriental blend Wheat roll Mandarin oranges	Lentil soup/crx Tuna salad /wheat bread Macaroni salad Broccoli slaw Chocolate pudding/topping Grape juice	Garlic chicken qtr Baked potato Green beans Wheat dinner roll Fresh fruit	No Elderly Nutrition Program. Senior Center Lunch and Learn: Tub Safety 11:30 AM Registration is requested by Jan. 9
14	15	16	17	18
Suggested donation is \$3.00 per meal	Chicken pot pie/biscuit Carrots Green beans Baked apple slices	Eggplant rollatini Penne pasta/sauce Italian blend vegetables Parm cheese Garlic breadstick Fresh fruit	French onion soup/swiss cheese Meatloaf /gravy Acorn squash Peas & carrots French bread/pineapple	Spanish baked fish Yucca roman blend White bread pears
21	22	23	24	25
 Senior Center Closed	MLK SPECIAL Fried chicken qtr Collard greens Corn & okra Biscuits Fruit juice Bread pudding/ topping	Butternut squash soup/crx Spinach quiche Roasted sweet potato Winter vegetable blend Wheat bread applesauce	Stuffed pepper Smashed potato Glazed carrots Rye bread Brownie Mixed fruit juice	Panamanian stewed chicken White rice Seasoned pinto beans/peppers Dinner roll Tropical fruit
28	29	30	31	
	Vegetable soup/crx Meatballs /sauce Spaghetti/parm cheese Cauliflower & red pepper Herb breadstick pears	Stuffed salmon/ lemon butter sauce Wild rice pilaf Broccoli Wheat dinner roll Pound cake/berries Pineapple juice	Roast pork/gravy Mashed potato Bean blend Rye bread BIRTHDAY CAKE	



NEW OPPORTUNITIES, INC.
Building Relationships to End Poverty

Elder Services /Senior Nutrition
Central Naugatuck Valley Region: 203-757-7738
Suggested donation is \$3.00 per meal

232 N. Elm Street, Waterbury, CT 06702
Website: www.newoppinc.org
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