

Senior Wellness Center

January 2023

Lunch is served from
11:30a to 12:30p

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3 Hill Billy dinner fresh salad ww bread fruit	4 B-L BBQ Beef apple cran slaw cowboy beans canned fruit	5 Open Hours 8 am to 5pm Monday thru Friday	6 Hearty Vegetables Beef ww. Bread fresh fruit	
	9 Open Hours 8 am to 5pm Monday thru Friday	10 Pork Chops mash potatoes mixed vegetables	11 Turkey Club ww bread potato salad fresh fruit	12 Open Hours 8 am to 5pm Monday thru Friday	13 Salisbury steak mash potatoe roasted veggies salad canned fruit	
	16 Open Hours 8 am to 5pm Monday thru Friday	17 Beef Strognoff w/ sweet peas brown rice fresh fruit	18 Chicken Lentil Soup ww dinner roll canned fruit	19 Open Hours 8 am to 5pm Monday thru Friday	20 Baked Parm. Chicken pasta green salad canned fruit	
	23 Open Hours 8 am to 5pm Monday thru Friday	24 Lemon Garlic Chicken seasonal pasta and broccoli canned fruit	25 Baked Salmon looksh mash steamed veggies fresh fruit	26 Open Hours 8 am to 5pm Monday thru Friday	27 Chili Bean Corn Bread cheese and onions canned fruit	
	30 Open Hours 8 am to 5pm Monday thru Friday fresh fruit	31 Sloppy Joe's potato salad fresh fruit	Hearty Vegetable beef stew dinner roll** canned fruit	Open Hours 8 am to 5pm Monday thru Friday		

Approved by Kacey Conyers, RD 4/1/15

We still located at the Greeley Heights Community Building, Lunch hours are from 11:30a to 12:30p every Monday, Wednesday and Friday.