




WARM SPRINGS SENIOR WELLNESS PROGRAM MENU JANUARY 2024

Tuesday, Wednesday and Friday are meal days from 12pm to 1 pm
 Mondays and Thursdays are exercise days from 10:45 am to 11:45 am for participants

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy New Year! 2024 	2 Hillbilly Dinner w/ green salad bread fresh fruit	3 Chili Beans Corn bread muffins green salad canned fruit	4 Steak and Avocado Salad veggies sticks desert	5 Smoked Sausage corn and potato chowder ww roll fresh fruit
8 Grilled Chicken sandwich ww bread veggie chips fruit	9 Pork Chops Mash Potatoes green beans green salad canned fruit	10 Salisbury Steak w/ mash potato roasted veggies Salad fresh fruit	11 Turkey Club ww bread potato salad dessert MDT	12 Monthy Breakfast 7:30a to 9:30a canned fruit 
15 Hot Ham'n Cheese sandwich Carrot Ginger Soup crackers fruit	16 Beef Strognoff w/ sweet peas Brown Rice steamed califlower fresh fruit	17 Baked Parm. Chicken pasta green salad canned fruit	18 Chicken Lentil Soup ww dinner roll roasted veggies desert	19 Broccoli, Ham'n cheese Soup crackers fruit
22 B & T Macaroni Soup ww dinner roll fruit	23 Mushroom stuffed Chicken seasoned pasta broccoli canned fruit	25 Baked Salmon Cali.Mash roasted roots'n veggie fresh fruit	25 Ham ans Cheese Sandwich vegetable soup crackers fresh fruit	26 Chili Bean Corn Bread cheese and onions canned fruit
29 Sloppy Joe Stuffed Sweet Potato fries Cole slaw fruit	30 Hearty Vegetable Beef Stew choice of ww bread crackers canned fruit	31 Menudo w/ cabbage and avocados refried beans Cake Birthday	 60 and older = Free 59 and under = \$5.00 or Assist with clean up	

