







Livingston County
Office for the Aging
Senior Nutrition Program
(585) 243-7520

JANUARY 2023

**LOOK FOR POSSIBLE WEATHER-RELATED
CLOSINGS ON TELEVISION HERE:
WROC [CBS], WHAM [ABC], WHEC [NBC], FOX**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01/02—01/06	CLOSED 	Chili Carrots Green Beans Cornbread Tropical Fruit Oatmeal Raisin Cookie 1% Milk Margarine 3	Chicken Veggie Stir Fry White Rice Peas Apple Juice Peaches 1% Milk Margarine 4	Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Wheat Roll Grape Juice Clementine 1% Milk Margarine 5	Turkey Tetrzini Butternut Squash Corn Sliced Apples w/ Cinnamon 1% Milk Margarine 6
01/09—01/13	Chili Lime Chicken Spanish Rice Black Beans Wheat Bread Slice Apple Juice Clementine 1% Milk Margarine 9	Veggie Lasagna w/ Meatsauce Peas Carrots Wheat Bread Slice Mixed Fruit Brownie 1% Milk Margarine 10	Pot Roast w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Slice Cranberry Juice Applesauce 1% Milk Margarine 11	Tuna Noodle Casserole Beets Broccoli Wheat Bread Slice Orange Juice Grapes 1% Milk Margarine 12	Shredded Pork Wheat Bread Slice (2) Sweet Mashed Potatoes Corn Grape Juice Peaches 1% Milk Margarine 13
01/16—01/20	CLOSED 	Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Slice Grape Juice Applesauce 1% Milk Margarine 17	Turkey Meatsauce w/ Pasta Carrots Broccoli Wheat Bread Slice Diced Peaches Lemon Bar 1% Milk Margarine 18	Chicken Marsala Brown Rice Peas Cottage Cheese Pineapple 1% Milk Margarine 19	Pork Loin Mashed Sweet Potatoes Asparagus Corn Wheat Bread Slice Grapes 1% Milk Margarine 20
01/23—01/27	Goulash Peas & Onions Cauliflower Wheat Bread Slice Tropical Fruit Lorna Doones 1% Milk Margarine 23	Lemon Pepper Fish over Seasoned Rice Broccoli Seasoned Butternut Squash Fresh Apple Strawberry Jell-O 1% Milk Margarine 24	Roasted Pork Loin w/ Raisin Sauce Mashed Potatoes Brussels Sprouts Wheat Bread Slice Apple Juice Mandarin Oranges 1% Milk Margarine 25	Chicken Pan Pie Biscuit Green Beans Beets Clementine 1% Milk Margarine 26	Sloppy Joe Burger Bun O'Brien Potatoes Spinach Orange Juice Mixed Fruit 1% Milk Margarine 27
01/30—01/31	Shredded BBQ Pork Roasted Potatoes Broccoli Wheat Roll Pineapple Chocolate Chip Cookie 1% Milk Margarine 30	Fish Patty Burger Bun Mashed Sweet Potatoes Boiled Cabbage Apple Juice Grapes 1% Milk Margarine 31	<i>Wishing you much happiness and good health in the year to come.</i>  HAPPY NEW YEAR  2023		