



# Dexter Senior Center Meal Calendar January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED FOR HOLIDAY	2 Roast Pork w/ LS Pork Gravy, Garlic Mashed Redskin Potatoes, Green Beans, Fresh Red or Yellow Apple, Dinner Roll w/ Margarine, Chocolate Chip Cookie, Milk	3 Potato Crunch Pollock w/ Tartar Sauce served over Wild and White Rice, California Blend w/ Cheese Sauce, Diced Pickled Beets & Onion Salad, Strawberries w/ Whip Topping, WW Bread w/ Margarine, Milk
6 Cheddar Cheese Omelet, O'Brien Potatoes, Apple Juice, 100% Juice, Apricots, Fruit Muffin w/ Margarine, Milk	7 Turkey Burger w/ Lettuce & Tomato garnish w/ Mayo & Mustard, Diced Carrots, Creamy Confetti Coleslaw, Fruited Gelatin, WW Hamburger Bun, Milk	8 Chicken w/ Cavatappi Pasta, Garden Green Salad w/ Romaine French Dressing, Brussels Sprouts, Fresh Banana, WW Bread w/ Margarine, Milk	9 Maurice Salad: Diced Ham and Turkey, Shredded Swiss Cheese, Green Salad w/ Romaine, Carrots, Cucumbers & Tomatoes, Twice Baked Potato Chowder w/ LS Crackers, Fresh Red or Yellow Apple, Pita Bread w/Margarine, Maurice Salad Dressing, Milk	10 Baked Meatloaf w/ LS Beef Gravy, Mashed Potatoes, Marinated Three Bean Salad, Mixed Berries w/ Whip Topping, WW Dinner Roll w/Margarine, Milk
13 Stir-fry Beef with Sugar Snap Peas served over confetti fried rice w/Asian vegetable blend, Tropical Fruit Salad, WW Bread w/ Margarine, Milk	14 Chicken Salad Sandwich, Pasta Salad w/ Vegetables, Garden Vegetable Soup w/ LS Crackers, Fresh Yellow or Red Apple, Croissant, Milk	15 Birthday Lunch at DSC Beef Sauce w/ Parm Cheese served w/rotini pasta, Italian Garden Salad w/garbanzo bean garnish and Ranch Dressing, Green Beans, Strawberries w/ Whip Topping, WW Bread w/ Margarine, Milk	16 Balsamic Marinated Chicken Breast, Steamed Spinach, Scalloped Potatoes, Fresh Pear, WW Dinner Roll w/ Margarine, Milk	17 Baked Ham w/ Pineapple Sauce, Whipped Sweet Potatoes, California Blend w/ Cheese Sauce, Diced Peaches, Corn Bread w/ Margarine, Oatmeal Rasin Cookies, Milk
20 NO MEAL DELIVERY DUE TO HOLIDAY	21 Breaded Chicken Patty Sandwich w/mayo & ketchup, Baked Beans, Diced Carrots, Apricots, WW hamburger bun, Milk	22 Stuffed Cabbage, Garden Green Salad w/ Romaine w/ Italian Dressing, Mashed Redskin Potatoes, Mixed Berries w/ Whip Topping, WW Dinner Roll w/ Margarine, Milk	23 Tuna Salad Sandwich, Macaroni Salad w/ Vegetables, Broccoli Cheese Soup w/ LS Crackers, Fresh Red or Yellow Apple, Croissant, Milk	24 Swedish Meatballs served over egg noodles, Whole Kernel Corn, Zucchini & Tomatoes, Mandarin Oranges & Pineapple Tidbits, WW Bread w/ Margarine, Milk
27 Potato Crunch Pollock w/ Tartar Sauce, Whipped Winter Squash, Peas & Pearl Onions, Applesauce, WW Dinner Roll w/ Margarine, Milk	28 Teriyaki Chicken Breast w/ Teriyaki Sauce, Italian Garden Salad w/garbanzo bean garnish and French Dressing, Cauliflower w/ Cheese Sauce, Fresh Pear, Dinner Roll w/Margarine, Milk	29 Beef Taco Salad: Warm Beef Taco Meat, Shredded Lettuce Mix w/ Ranch Dressing, Warm Refried Beans w/ Cheddar Cheese garnish, Tropical Fruit Salad, WG Tostitos Scoops & Salsa, Milk	30 Breaded Chicken Tenders w/ BBQ Sauce, Dill Carrot Coins, Creamy Confetti Coleslaw, Strawberries w/ Whip Topping Biscuit w/ Margarine, Milk	31 Beef Pepper Patty w/ LS Beef Gravy, Mashed Redskin Potatoes, Zucchini & Tomatoes, Fresh Banana, WW Dinner Roll w/ Margarine, Milk