

Otoe-Missouria Senior Citizen Center

January Menu

580-723-4466 Ext. 289

\* Menus and activities may be subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
2 <i>Closed Holiday</i>	3 Sausage and Pasta Bake Broccoli Slaw Plums, Spinach Salad Cheesecake	4 Hamburger Gravy Biscuits Capri Veggie Blend Garden Salad	5 Chicken, Rice and Broccoli Casserole Seasoned Carrots Brownie	6 Breakfast Casserole Grape Tomatoes Cottage Cheese Fresh Fruit
9 Chili Dogs Potato Salad Baked Beans Fresh Fruit	10 Stuffed Green Pepper Capri Veggie Blend Fruit Cocktail Dinner Roll	11 Pork Fried Rice Egg Rolls Stir Fry Veggies Pineapples	12 Beef and Bean Burrito Corn & Black Bean Salsa Refried Beans Tortilla Chips	13 Sausage, Biscuits and Gravy Fruit Salad <b>Shopping Trip</b>
16 <i>Closed Holiday</i>	17 Minestrone Soup Roast Beef Sandwich Baked Chips Fresh Fruit	18 Roasted Turkey, Gravy Stuffing Muffins Sweet potatoes Corn on the Cob	19 Tuna Casserole Broccoli Beet Salad Fruit Salad	20 Apple Raisin Oatmeal Boiled Egg Toast, Jam Juice <b>Domino Tournament</b>
23 Fritos Chili Pie (Cheese, Ground Beef, Beans, and Fritos) Apple Dessert	24 Pork Roast, Gravy Mashed Potatoes Peas and Carrots Peaches, Dinner Roll	25 Goulash Capri Veggie Blend Apricots Cheesy Stuffed Bread	26 Bean Soup Fry Bread Roasted Apples Veggie of the Day Cake <b>Bingo Birthday Party</b>	27 Cinnamon Rolls Sausage Links Cottage Cheese Peaches <b>Shopping Trip</b>
30 Cheese Stuffed Bread Tomato or Mushroom Soup Grilled Chicken Salad	31 Smoked Pork Chop Mac & Cheese Collard Greens Seasoned Hominy	1 Meat Pie Rice and Chicken Soup Salad	<b>Sat Jan 21<sup>st</sup>, Kaw Ultimate Eagle Watch</b> <b>RSVP 580-723-4466 Ext. 289 or 153</b>	

- Every Monday and Friday Bingo Chair exercise starts at 11:30 am
- Alternative food is available for meal substitution upon prior request

\* Milk, tea, water and coffee are offered with meals

