



Chemung County Department of Aging and Long Term Care - Eat Well Live Well Program

# January 2017 Menu

(Menus subject to change without notice)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>A HAPPY NEW YEAR</b>  All Sites Closed	3 <b>Meat Loaf</b>	4 <b>Southwestern Chicken</b>	5 <b>Russian Vegetable Soup and Philly Cheese Steak</b>	6 <b>Spaghetti and Meat Sauce</b>	7
8	9 <b>Chicken and Biscuit</b>	10 <b>Pork Spiedie Chef Salad</b>	11 <b>Stuffed Chicken Breast</b>	12 <b>Sausage, Peppers and Onions over Penne Pasta</b>	13 <b>Choice Day</b> A: Fish of the Day B: Meatball Sub	14
15	16 <b>MLK Day</b>  All Sites Closed	17 <b>Garlic Chicken Over Pasta</b>	18 <b>Meat Loaf</b>  Monthly Birthday Celebration 	19 <b>Turkey with Dressing and Gravy</b>	20 <b>Mac and Cheese</b>	21
22	23 <b>Cheeseburger</b>	24 <b>Roast Pork Chop</b>	25 <b>Choice Day</b> A: Italian Chef Salad B: Chicken and Dumplings	26 <b>Rigatoni with Meat Sauce</b>	27 <b>Fried Chicken</b>	28
29	30 <b>Hot Dog with Meat Sauce</b>	31 <b>Roast Turkey</b>				

Reservations Required - Call 737-5520 at least a day in advance to sign up.