



# January 2023 Bag Supper Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/2 	1/3 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	1/4 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	1/5 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	1/6 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	1/7 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	1/8 Grilled Chicken Patty on Whole Wheat Hamburger Roll w. Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
1/9 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	1/10 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	1/11 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	1/12 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	1/13 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	1/14 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	1/15 Grilled Chicken Patty on Whole Wheat Hamburger Roll w. Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise
1/16 	1/17 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding	1/18 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	1/19 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	1/20 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	1/21 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	1/22 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt
1/23 Grilled Chicken Patty on Whole Wheat Hamburger Roll w. Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	1/24 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	1/25 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	1/26 <p style="text-align: center;"><b>Lunch Bingo</b></p>	1/27 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	1/28 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup	1/29 Egg Salad on White Wheat Bread Lettuce & Tomato Peaches Chocolate Pudding
1/30 Chicken Salad On Pita Marinated Bean Salad Pear or Apple Yogurt	1/31 Roast Beef with Cheddar Cheese on 12 Grain Bread Coleslaw Banana or Orange Mustard	2/1 Grilled Chicken Patty on Whole Wheat Hamburger Roll Lettuce & Tomato Carrot Raisin Pineapple Salad Rice Pudding Mayonnaise	2/2 Tuna Salad on a Club Roll with Lettuce and Tomato Marinated Vegetable Salad Orange or Banana	2/3 Turkey & Swiss on White Wheat Bread with Lettuce & Tomato Red Skin Potato Salad Mixed Fruit Cup Yogurt Mayonnaise	2/4 Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato Raisins Yogurt Mustard	2/5 Meatloaf on Potato Bread Potato Salad Diced Peaches Ketchup

- All bag suppers contain 1% milk .
- All meals subject to change.

- Meals available by reservation. Call your Senior Center to reserve your bag supper. Bag supper meals are available 7 days a week.
- Saturday meals served at St. Anthony's