

G-O CAA SENIOR MEALS

JANUARY

2019

CLOVERLAND SENIOR CENTER - EWEN

ELIGIBILITY - AGE 60 OR SPOUSE


DONATION \$3.75

GUEST FEE \$6.25

11:00 a.m TO 1:00 p.m. Tues. & Thurs

906 988-2463



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 1	2 Meatloaf Mashed Potatoes Peas & Carrots Pears	3 Pasty Pie Coleslaw Fruit	4	5
6	7	8 Salisbury Steak Boiled Potatoes Carrots Mixed Fruit	9	10 Roast Beef Mashed Potatoes Brussel Sprouts Fruit/Dessert	11	12
13	14	15 Ham Sweet Potato Green Bean Casserole Applesauce	16	17 Chicken Quarters Mashed Potatoes Mixed Veg. Fruit Cocktail	18	19
20	21	22 Parmesan Chicken Baby Red Potatoes Broccoli Mandarin Oranges	23	24 Fezzik Stew Coleslaw Juice	25	26
27	28	29 Lasagna Green Beans Tossed Salad <i>Fruit or Dessert</i>	30	31 Pork Stir Fry w/Rice Stir Fry Vegetables Applesauce Juice		

Thank You for your continued support and renewal of senior millage!

Menu available online: gocaa.org

Nutrition Education on back of menu!