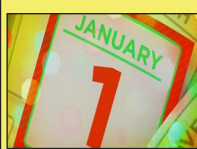


JANUARY MENU		ROCK SENIOR CENTER		
Mon	Tue	Wed	Thu	Fri
1 CLOSED FOR NEW YEAR'S DAY	2 Meatloaf Baked Potato Peas & Carrots Fruit Cup	3 Beef Stew Coleslaw Biscuit Peach Quick Cake	4 Turkey/Stuffing Mashed Potatoes and Gravy Prince William Veggies Pumpkin Bar	5 CLOSED
8 Brat on Bun Calico Beans Oven Potatoes Diced Pears	9 Sweet & Sour Pork Over Rice Green Beans Chinese Coleslaw Pineapple Upside Down Cake	10 Cheesy Chicken Penne Casserole Salad Baby Carrots Apricots	11 Beef Tips over Noodles Diced Beets Broccoli Fruit Cup	12 CLOSED
15 Salisbury Steak Mashed Potatoes and Gravy Rutabagas Tropical Fruit	16 Boiled Dinner (Ham and Cabbage, Carrots and Potatoes) Biscuit Pistachio Bar	17 Taco Lasagna Garden Salad Mandarin Oranges Breadstick	18 Tasty Hamburger Casserole Carrots Jello with Bananas	19 CLOSED
22 Fish Sandwich Au Gratin Potatoes Baked Beans Applesauce	23 Turkey Broccoli Casserole Vegetable Blend Pineapple Tidbits	24 Pineapple BBQ Chicken Breast Twice-Baked Potatoes Brussel Sprouts Carrot Cake	25 Enchiladas with Lettuce, Tomato, Black Olives Spanish Rice Diced Peaches	26 CLOSED
29 Chicken Alfredo Broccoli Coleslaw Fruit Cup	30 Spaghetti/Meat Sauce Italian Blend Vegetables Caesar Salad Garlic Bread Pineapple	31 Tahitian Meatballs Over Rice Key Largo Vegetables Salad Sunshine Cake	 JANUARY MENU Menu is for <u>ALL</u> our senior centers. Call your senior center with questions/comments.	

[HOW DO I GET TO THE SENIOR CENTER?](#)

[EMAIL THE CENTER](#)

WEEKLY ACTIVITIES (center closed on Fridays): **ROCK** 356-6420

Every Monday, Dime bingo, 12:30-2:15 p.m.

Every Tuesday, Play cards, 1-4:30 p.m. Evening meal, 5 p.m.

Every Wednesday, Play cards, 10:30 a.m. to 3 p.m.

OTHER ACTIVITIES:

Closed Jan. 1. New Year's Afternoon Tea, Jan. 2, 2 p.m. Bake sale, Jan. 9, 4-6 p.m. Senior Corporation Dance, Jan. 14, 1-5 p.m. Spin the wheel, Jan. 16, 6 p.m. Monthly Food Distribution, Jan. 17, 8 a.m. to 3 p.m. Senior Advisory Committee meeting, Jan. 19, 11 a.m. Birthday Party, Jan. 31, noon (call 356-6420 at least one day prior to reserve a seat).