

JANUARY 2017

SURPRISE SENIOR CENTER

PLEASE be seated by 11:50am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
 Happy New Year! Closed in Observance of the New Year Holiday	Mixed Salad Spaghetti w/ Meat Sauce Cauliflower Garlic Bread Cantaloupe	Soup of the Day Fried Chicken French Fries Mexicorn w/ Peppers Fruit Cup Alternative: Large Chef Salad - or - Deli Sandwich	Mixed Salad Cabbage Rolls Mashed Potatoes Vegetables Wheat Bread Apple Cobbler	Soup of the Day Salmon in Wine Sauce Risotto Asparagus Peaches and Cream Alternative: Large Chef Salad - or - Deli Sandwich
9	10	11	12	13
Soup of the Day Pork Loin w/ Mustard Sauce Linguini Pasta Carrots and Beans Cantaloupe	Mixed Salad Meat Loaf w/ Gravy Mashed Potatoes Carrots and Peas Fresh Fruit	Soup of the Day BBQ Chicken Roasted Potatoes Baby Carrots Tropical Fruit Mix Alternative: Large Chef Salad - or - Deli Sandwich	Mixed Salad Roast Beef w/ Gravy Wild Rice Scandinavian Veggies Mandarin Oranges	Soup of the Day Parm Crusted Fish Steamed Potatoes Asparagus Fruit Cup Alternative: Large Chef Salad - or - Deli Sandwich
16	17	18	19	20
 Closed in Observance of M.L. King Day	Mixed Salad Meat Lasagna Peas and Carrots Garlic Bread Tropical Fruit Mix Cookie	Soup of the Day Orange Chicken Egg Rolls Steamed Rice Zucchini & Broccoli Fresh Fruit Cup Alternative: Large Chef Salad - or - Deli Sandwich	Mixed Salad Beef Stew Cabbage Mixed Vegetables Biscuit Apricots	Soup of the Day Tilapia w/ Brown Sauce Couscous Butternut Squash Sliced Peaches Alternative: Large Chef Salad - or - Deli Sandwich
23	24	25	26	27
Soup of the Day Italian Meatballs w/ Tomato Sauce Fresh Pasta Brussel Sprouts Fresh Fruit Pudding	Mixed Salad Pork Roast w/ Gravy Mashed Yams Spinach Sliced Pineapple Bread Pudding	Soup of the Day BBQ Chicken Mashed Potatoes Broccoli & Cauliflower Berry Cup Cookie Alternative: Large Chef Salad - or - Deli Sandwich	Mixed Salad Chicken Fried Steak Sweet Potatoes Carrots and Peas Biscuit Chef's Fruit	Fish Fillet w/ Butter Sauce Rice Pilaf Honey Glazed Carrots Orange Slices Alternative: Large Chef Salad - or - Deli Sandwich
30	31			
Soup of the Day Chicken Parmesan Whole Wheat Pasta Sautéed Squash Garlic Bread Melon Cup	Mixed Green Salad Garden Quiche Baked Tomato w/ Peas Broccoli and Carrots Dinner Roll Mixed Fresh Fruit	Menu is subject to change To reserve your lunch, please call by 12 noon TWO business days before your selected day, same for cancelations 623-222-1500	 HUMAN SERVICE & COMMUNITY VITALITY CITY OF SURPRISE <i>All meals are served with 2% Milk</i>	When making a reservation you must notify the front desk if you would like to have the alternative on Wednesdays or Fridays.