

Milford Senior Center, 105 South 'B' Street, Milford, NE 68405, 402-761-3367

JANUARY 2019 MENU

Milk is available with every meal

	Monday		Tuesday		Wednesday		Thursday		Friday
		1	CENTER IS CLOSED ON NEW YEARS DAY	2	Salad Bar	3	Chicken Fried Steak Garlic Mashed Potatoes Chuckwagon Corn Whole Wheat Roll Butterscotch Square	4	Chicken Quesadillas Black Beans Broiled Tomato Slices Rice Pudding
7	Mushroom Chopped Steak Mashed Potatoes Baby Carrots Emerald Pears	8	Brown Sugar Ham Baked Sweet Potatoes Crumb topped Brussel Sprouts Cherry Cobbler	9	Salad Bar	10	BRUNCH 11:00am	11	Chili Cinnamon Rolls Vegetable Fruit
14	Beef tip Au Jus Buttered Noodles Sliced Zucchini Green Peas Baked Apples	15	Hot Pork Sandwich Mashed Potatoes & gravy Green Beans Pineapple Cubes	16	Salad Bar	17	Chicken Fried Steak Cream Gravy Mashed Potatoes Green Peas Wheat Bread	18	Tuna Noodle Casserole Green Peas Lemon Buttered Broccoli Ice Cream Cup
21	Beef Pot Pie Seasoned Carrots Buttered Corn Sliced Strawberries	22	Oven Fried Chicken Hash Brown Casserole Dill Carrots Pineapple Cubes	23	Potato Bake	24	Green Pepper Steak Wild Rice Blend Cauliflower and Broccoli Caramel Apple Bar	25	Crunchy Orange Fish Parsley Noodles Creamy Coleslaw Seasoned Beets Frosted Cupcake
28	BIRTHDAY DAY CELEBRATION!	29	Roast Turkey Parmesan Noodles Mixed Vegetables Whole Wheat Roll Baked Peaches	30	Salad Bar	31	Baked Chicken Bacon Cheddar Potatoes Savory Green Beans Pound Cake		