

Tri-Valley, Inc. - January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Oxford 774-289-2600, Southbridge 774-289-9438, Spencer 508-885-3904, Sturbridge 508-347-5063, Sutton 508-234-0703, Upton 508-529-9094, Uxbridge 774-482-6174, W. Brookfield 508-867-1411</p> <p>Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.</p>		<p>1</p> <p>New Year's Day No Meal Served</p>	<p>2</p> <p>BBQ Chicken Mashed Potatoes Roasted Country Blend Vegetables Fresh Fruit Marble Rye Bread</p>	<p>3</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans Cinnamon Pears Italian Bread</p>
<p>6</p> <p>Lasagna & Meatballs Broccoli Vanilla Pudding Diet = SF Vanilla Pudding Italian Bread</p>	<p>7</p> <p>Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread</p>	<p>8</p> <p>Roast Pork with Gravy Cranberry Stuffing California Vegetables Apple Crisp Diet = Applesauce Marble Rye Bread</p>	<p>9</p> <p>Beef with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll</p>	<p>10</p> <p>Fish with Parmesan Cream Sauce Wild Rice Brussels Sprouts Blondie Diet = Small Piece Pumpernickel Bread</p>
<p>13</p> <p>Beef Stew Rice Corn Niblets Mandarin Oranges Corn Muffin</p>	<p>14</p> <p>Baked Potato with Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread</p>	<p>15</p> <p>Buttermilk Chicken Mashed Sour Cream & Chive Mixed Vegetables Peaches Whole Wheat Bread</p>	<p>16</p> <p>Hot Dog Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard</p>	<p>17</p> <p>Shepherd's Pie Carrots Peas Cinnamon Streusel Cake Diet = Small Piece Italian Bread</p>
<p>20</p> <p>Martin Luther King Day No Meal Served</p>	<p>21</p> <p>Meatloaf with Gravy Garlic Mashed Potatoes Peas & Carrots Mixed Fruit Whole Wheat Bread</p>	<p>22</p> <p>Roast Turkey & Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Cranberry Sauce Baked Apples French Bread</p>	<p>23</p> <p>Sloppy Joe Potato Wedges Green Beans Strawberries & Whip. Topping Sandwich Roll</p>	<p>24</p> <p>Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Tapioca Marble Rye Bread</p>
<p>27</p> <p>Pork Rib-i-que Mac 'n Cheese Green Beans Fruited Ambrosia Sandwich Roll</p>	<p>28</p> <p>Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Lorna Doone Cookies Marble Rye Bread <u>Tomato Rice Soup</u></p>	<p>29</p> <p>Vegetable Cheese Bake Herbed Potatoes Mixed Vegetables Fresh Fruit Italian Bread</p>	<p>30</p> <p>Chicken Cacciatore Gemelli Pasta Roasted Broccoli Birthday Cake Diet = Half Piece Italian Bread</p>	<p>31</p> <p>Fish with Crumb Topping Rice Pilaf Country Blend Vegetables Fresh Fruit Whole Wheat Bread</p>