

Senior Dining Program – Menu Summary for January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
				<u>Jan. 1</u> HOLIDAY
<u>Jan. 4</u> Pinto Beans Collard Greens Au Gratin Potatoes Cornbread	<u>Jan. 5</u> Hawaiian Chicken Rice Pilaf Green Beans Sliced Peaches	<u>Jan. 6</u> Meatloaf Mashed Potatoes Zucchini Pear	<u>Jan. 7</u> Grilled Chicken on Chef's Salad Baked Potato Apple Crisp	<u>Jan. 8</u> Sliced Roast Beef Mashed Potatoes Green Bean Casserole Fresh Fruit
<u>Jan. 11</u> Beef Tips Rice Glazed Carrots Cinnamon Applesauce	<u>Jan. 12</u> Flounder on a Bun Cole Slaw Macaroni & Cheese Fresh Fruit	<u>Jan. 13</u> Baked Ham Sweet Potato Soufflé Pinto Beans Biscuits	<u>Jan. 14</u> Swedish Meatballs in Gravy Rice Glazed Carrots Sliced Peaches	<u>Jan. 15</u> Tuna Salad Sandwich Cucumber & Tomato Salad Potato Soup Berry Crisp
<u>Jan. 18</u> HOLIDAY	<u>Jan. 19</u> Chili Baked Potato Tossed Salad Fresh Fruit	<u>Jan. 20</u> Buttermilk Fried Chicken Mashed Potatoes Green Beans Spiced Apples	<u>Jan. 21</u> Sloppy Joe Coleslaw Potato Casserole Berry Crisp	<u>Jan. 22</u> Pork Loin Sweet Potato Casserole Cauliflower Applesauce
<u>Jan. 25</u> BBQ Pork Plate Baked Beans Cole Slaw Brownie	<u>Jan. 26</u> Country Fried Steak Mashed Potatoes Green Beans Pineapple	<u>Jan. 27</u> Lasagna Tossed Salad Garlic Bread Berry Crisp	<u>Jan. 28</u> Beef Stew Carrots/Potatoes Rice Cornbread	<u>Jan. 29</u> Roast Turkey Cornbread Dressing Mashed Potatoes Spiced Apples

Milk is served with every meal; main course items are listed. Crackers, bread, and desserts are not always listed.



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Together with the Buncombe County Council on Aging, a hot lunch is provided Monday-Friday at the Lakeview Senior Center for persons 60+ years old.

Suggested donation - \$1.50 a day.

Reservations are requested by 10:30 a.m. the previous day.

Doors are open 10:00 a.m. – 2:00 p.m. Lunch is served at noon.

Come early for fellowship, jigsaw puzzles, and other activities.

Transportation is provided by Mountain Mobility and can be arranged through the Nutrition Site Center.

To make a reservation, kindly call by 10:30 a.m. (weekdays only) the day before to our Nutrition Site Director, Trevia Rhodes, at 828.669.2035



Lakeview Center for Active Aging
401 Laurel Circle Drive
Black Mountain, NC 28711
(828) 669-8610
www.blackmountainrec.com

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