

Cowlitz Senior Nutrition and Activities

Meals are served in Toledo Monday thru Friday. And Tuesday in Longview @ Noon

MONTH of January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR!!	2 Goulash, Whole wheat roll, Cottage cheese sliced tomatoes	3 Baked Parmesan Chicken, Wild Rice, sliced tomato, Fruit	4 Taco Soup, Salad, Fruit	5 Baked Salmon, Rice, Broccoli, Fruit	6
7	8 Turkey Club on Hoagie, Pasta Salad Fruit	9 No Lunch Served All Staff Meeting	10 Fish & Chips, Salad, Fruit	11 Grilled Turkey bacon Tomato sandwich, Veggie Soup, fruit	12 Chicken Strips Rice Pilaf Steamed Broccoli Pudding, fruit	13
14	15 MLK Day No Lunch Served	16 Chicken Fajitas, Chips/Salsa Fruit	17 Spaghetti in Meat Sauce, Garlic Bread, Green Salad Fruit	18 Chicken Fried Steak, Baby Reds, Biscuit, Fruit	19 Chef Salad, Crackers, Fruit,	20
21	22 Combo Pizza or Cheese pizza, Green Salad, Fruit	23 Roast Beef, Baby Reds, Green beans, Fruit	24 Hot Beef Sandwich, Spinach, Wheat Roll	25 Chicken Alfredo with Broccoli, Bread Stick, Spinach Salad	26 Taco Bar Fruit BINGO	27
28	29 Trip to ILANI with Lunch, leaving St Mary's @ 9:30 am	30 Meatloaf, mashed potatoes, gravy, baby carrots, fruit	31 Tuna Sandwich, Carrot sticks & ranch, fruit			

Please contact Deb with any Questions or Concerns 360-864-7003/360-864-7006 Menu subject to change. Bread & Butter/ Milk or Juice available by request. Please call by 10:30 to reserve a lunch ☐



Please join us for lunch!!!