

Cowlitz Senior Nutrition and Activities

Meals are served in Toledo Monday thru Friday and on Tuesday in Longview @ Noon

MONTH of January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HAPPY NEW YEAR!!	2 Baked Parmesan Chicken, Wild Rice, Spinach, Fruit	3 Taco Soup, Salad, Fruit	4 Baked Salmon, Rice, Broccoli, Fruit	5 TRIBAL COUNCIL
6	7 Turkey Club on Hoagie, Pasta Salad Fruit	8 Southwest Chicken Salad, Fruit	9 Fish & Chips, Salad, Fruit	10 Beef hotdog, Potato salad, Fruit	11 Baked Potato Bar, Fruit	12
13	14 Hot Beef Sandwich, Green salad, Fruit	15 Chicken Fajitas, Chips/Salsa Fruit	16 Staff training No Lunch Served	17 Chicken Fried Steak, Baby Reds, Biscuit, Fruit	18 Chef Salad, Crackers, Fruit,	19
20	21 MLK Holiday No Lunch Served	22 Roast Beef, Baby Reds, Green beans, Fruit	23 Hot Beef Sandwich, Spinach, Wheat Roll	24 Chicken Alfredo with Broccoli, Bread Stick, Spinach Salad	25 Taco Bar Fruit BINGO	26
27	28 Lunch @ Redwind Casino leaving St. Mary's @ 10:30 am	29 Shrimp Salad, Fruit	30 Tuna Sandwich, Carrot sticks & ranch, fruit	31 Combo Pizza or Cheese pizza, Green Salad, 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 ☺

