

Meals JANUARY 2024

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
M/TH Elder Services meals are sponsored in part by Greylock Federal Credit Union	1 Happy New Year No lunch served	2 French Onion Soup Egg Salad Sandwich	3	4 Eggplant Parmesean Buttered Noodles Winter Blend Vege WW Bread Sliced Peaches	5	6
7 1:00 Sunday Lunch HOST: BFCN	8 Beef & Cabbage Casserole Wax Beans Peas & Carrots WW bread Sliced Pears	9 Taco Salad	10	11 Swedish Meatballs Gold Potatoes Brussel Sprouts 12 Grain Bread Fresh Apple	12	13
14	15 Martin Luther King Day No lunch served	16 Meatball Grinders Chips	17	18 Chicken W/Apple Raisin Gravy Mashed Potatoes Asparagus Dinner Roll Chocolate Chip Cookie	19	20
21 1:00 Sunday Lunch HOST: TBA	22 Chicken Curry Coconut Rice Minted Green Beans ½ Pita Bread Apricot Halves	23 Goulash Roll	24	25 Beef Stroganoff Buttered Noodles Mixed Vegetables Rye Bread Sliced Pars	26	27
28	29 Penne w/Bolognese Sauce Capri Blend Italian Bread Peach Crisp	30 Beef Stew Roll				Seniors 60 and older suggestion donation \$3 & funds Elder Services Nutrition Program

Meals are held at the Dalton Senior Center, 40 Field Street Ext. Dalton at 12:00. 24 business hours are required for reservations. 684-2000 Please call to cancel if you find you are unable to attend. Suggested donation to Elder Services \$3. Soup & Sandwich \$5 fee, Sunday Lunch Donations are appreciated.