



For SENIORS "60" PLUS
 Lunch Served at Noon
 Monday - Friday (closed on Wednesdays)

Susanville Nutrition
 1700 Sunkist Drive
 January 2019

Make Reservations
 1 day in advance
 Phone 257-2113

Monday	Tuesday	Wednesday	Thursday	Friday
	CLOSED 1 	2 DINING--CLOSED OFFICE-OPEN	3 Tuna Sandwich Green Pea Salad Minestrone Soup Strawberries & Ice Cream 1%Milk	4 Lemon Chicken Brown Rice Steamed Carrots Mandarin Oranges Bran muffin 1% Milk
7 Baked Fish Carrots Green Salad Rice Pilaf 1% Milk	8 Ham Slice Cauliflower Green Beans Yogurt with Peaches Corn Muffin 1% Milk	9 DINING --CLOSED OFFICE--OPEN	10 Turkey Meat Loaf Hubbard Squash Zucchini Sliced Oranges Roll 1% Milk	11 Sweet & Sour Chicken Carrots Pepper/Snow Peas White Rice Fortune Cookie 1% Milk
14 Roasted Chicken Potatoes Marinated Vegetables Peaches Roll Milk	15 Loaded Baked Potato Casserole Zucchini Pear Lime Jello Orange Juice WW Bread 1%Milk	16 DINING --CLOSED OFFICE--OPEN	17 Steak Teriaki Brown Rice Fruit Cocktail 1% Milk	18 Lasagne Steamed Spinach Green Salad Ice Cream & Berries Garlic Bread 1%Milk
21 CLOSED 	22 Enchiladas Spanish Rice Green Salad Fruit 1% Milk	23 DINING --CLOSED OFFICE--OPEN	24 Egg Salad Sandwich Navy Bean Soup Spinach Salad Sliced Tomatoes Cubed Pineapple 1% Milk	25 Turkey Tetrizzini Mixed Vegetables Mandarins Tapioca 1%Milk
28 Chili Con Carne Steamed Spinach Minted Pears Corn Bread 1% Milk	29 Beef & Broccoli Mashed Potatoes Carrot Coins Apple Juice Fruit Coctail 1% Milk	30 DINING --CLOSED	31 Baked Ziti Roasted Vegetable Medley Tangerines Garlic Bread 1% Milk	ALL OF THE DONATIONS ARE GREATLY APPRECIATED

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