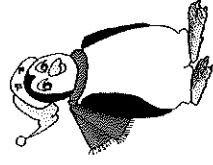


# JANUARY 2018 LAC SENIOR LUNCH MENU

MON 1	CLOSED
TUES 2	MEATLOAF - MASHED POTATOES - CORN
WED 3	TUNA SALAD ON KAISER - LETTUCE & TOMATO - POTATO CHIPS
THUR 4	DRY BEEF GRAVY - MASHED POTATOES - PEAS & CARROTS
FRI 5	PULLED PORK ON ROLL - FRENCH FRIES - APPLESAUCE
MON 8	CHICKEN DUMPLINGS - PEAS & CARROTS - COLE SLAW
TUES 9	SPAGHETTI SALAD - GARLIC BREAD
WED 10	FLOUNDER - BAKED POTATO - STEWED TOMATOES
THUR 11	VEGETABLE BEEF SOUP - GRILLED CHEESE SANDWICH
FRI 12	SUBS - CHIPS - COOKIE
MON 15	CHICKEN FILET - BAKED YAMS - BRUSSEL SPROUTS
TUES 16	CHILI - RICE - CORN BREAD MUFFIN - SALAD
WED 17	CRAB CAKE PLATTER - BAKED POTATO - BROCCOLI WITH CHEESE SAUCE
THUR 18	BEEF STEW - BISCUITS - APPLE SAUCE
FRI 19	FRENCH BREAD PEPPERONI PIZZA - SALAD - POTATO CHIPS
MON 22	ROAST TURKEY - MASHED POTATOES - PEAS & CARROTS
TUES 23	STUFFED PORK CHOP - MASHED POTATOES - GREEN BEANS
WED 24	COD NUGGET - SCALLOP POTATOES - STEWED TOMATOES
THUR 25	WHITE VEGETABLE LASAGNA - SALAD - GARLIC BREAD
FRI 26	MEATBALL SANDWICH - BREADED MUSHROOMS - COOKIE
MON 29	SWEET + SOUR CHICKEN - BUTTERED RICE - BROCCOLI
TUES 30	HAM & CABBAGE WITH POTATOES
WED 31	CREAM OF BROCCOLI SOUP - HAM & CHEESE CROISSANT - CHIPS



LUNCH IS \$4.00 EACH      ADDITIONAL LUNCHES ARE \$ 8.00  
CALL 935-8122 BY 10:00 AM FOR TAKE OUTS

Home Delivery will only be accommodated if there is no one  
in the household that can pickup the take-outs.