

JANUARY 2019 MENU

PLEASE DO NOT FORGET to reserve your meal(s) with two days in advance. If you cannot come into Heritage Hall Senior Center, please call 713-675-4487. Remember a meal is a terrible thing to waste!



★ Thank you kindly, Elizabeth Flores, Director



All participants are asked to PLEASE donate \$1.00 dollar per meal to help offset program operating cost.



	Tuesday 1/1/2019	Wednesday 1/2/2019	Thursday 1/3/2019	Friday 1/4/2019
	Closed for Holiday	Smoked Sausage*+ Baked Beans Parslied Carrots Hot Dog Bun Fresh Banana Milk Mustard	Beef Stroganoff Green Peas Squash Medley Texas Bread Sugar Cookie Milk Diet - Cookie	Breaded Fish Whole Kernel Corn Broccoli Hamburger Bun Fresh Fruit Milk Tartar Sauce
Monday 1/7/2019	Tuesday 1/8/2019	Wednesday 1/9/2019	Thursday 1/10/2019	Friday 1/11/2019
Salisbury Beef Onion Gravy Garlic Whipped Potatoes Mixed Vegetables Wheat Bread German Chocolate Cake Milk	Pulled Caesar Chicken Lemon Herb Pasta Mediterranean Vegetables Pita Bread Pineapple Pudding Milk Diet - Vanilla Pudding	Southwestern Stew Parslied Potatoes California Vegetables Saltine Crackers Fresh Banana Milk Diet - Same	Sausage with Red Beans*+ Cajun Rice Cabbage Cornbread Fudge Cream Cookie Milk Margarine	Tuscan Chicken Meatballs Peas and Carrots Italian Green Beans Wheat Roll Fresh Fruit Milk Diet - Same
Monday 1/14/2019	Tuesday 1/15/2019	Wednesday 1/16/2019	Thursday 1/17/2019	Friday 1/18/2019
Rosemary Pork Chop+ Parslied Rice Catalina Vegetables Wheat Bread Fresh Fruit Milk	Sloppy Joe Oven Roasted Potatoes Spring Vegetables Hamburger Bun Chocolate Chip Cookie Milk	Chicken Alfredo Ginger Carrots Stewed Tomatoes Wheat Bread Fresh Fruit Milk	Pork Carnitas+ Pinto Beans Fiesta Vegetables Flour Tortilla Yellow Cake Chocolate Frosting Milk	Turkey Breast with Gravy* Mashed Spiced Yams Green Beans Texas Bread Pineapple UpsideDown Cake Milk Diet - Cake
Monday 1/21/2019	Tuesday 1/22/2019	Wednesday 1/23/2019	Thursday 1/24/2019	Friday 1/25/2019
Closed for Holiday	Confetti Chicken Spanish Rice Cabbage Wheat Roll Fig Bar Milk	Potato Crusted Fish Black-Eyed Peas Diced Beets Wheat Bread Fresh Fruit Milk Tartar Sauce	Ham w/Red Eye Gravy+ Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Milk Margarine	Cheesy Beef Macaroni Broccoli Glazed Carrots Wheat Bread Chocolate Chip Pudding Milk Diet - Chocolate Pudding
Monday 1/28/2019	Tuesday 1/29/2019	Wednesday 1/30/2019	Thursday 1/31/2019	
BBQ Chicken Meatballs Baked Beans Country Vegetables Wheat Bread Fresh Fruit Milk	Beef with Mushroom Gravy Whipped Potatoes Mixed Vegetables Wheat Roll Orange Gelatin Milk Diet - Gelatin	Ham and Rice Casserole+ Green Peas with Onions Stewed Tomatoes Wheat Bread Strawberry Shortcake Milk Diet - Cake	Baked Chicken Breast Chicken Gravy Cheesy Garlic Polenta Green Beans Wheat Bread Fresh Fruit Milk	* - Turkey + - Pork - New Menu Item - Upgraded Menu Item