January 2014 Eat, Meet 'N' Greet Café

At Josephine Commons

Please make your reservations by **1:00 pm the day before you want to eat** by calling **the Reservation Line at 303-665-9052 X 1** 60+ Free; 59 and under $5.50. Suggested donation is $3.00.

Monday	Tuesday	Wednesday	Thursday	Friday
Lafayette SENIOR SERVICES Check your Calendar For Special Events! Lunch is served M-F 12:00 Noon At Josephine Commons 455 N. Burlington Ave., Lafayette, CO	EXCELLENCE IN FOOD SAFETY **Lafayette Senior Services Is A Proud Partner** *Annie Baker* *Nutrition Coordinator* *Lorna Beard* *Resource Coordinator*	1 Closed 	2 Apple Glazed Pork Chop Roasted Red Potatoes Stewed Tomatoes WW Dinner Roll Pineapple Chunks Milk 1%	3 Beef and Broccoli Stir Fry Brown Rice California Blend Vegetables Banana Rice Crackers Milk, 1%
6 Roasted Chicken Whipped Sweet Potatoes Green Beans Almandine Ambrosia Salad Whole Wheat Roll Milk, 1%	7 Blood Pressure 11:30a Salmon/Dill Sauce Oven Browned Potatoes Green Peas Whole Wheat Roll Fresh Apple Milk. 1%	8 Lentil Soup Turkey Rice Casserole Canned Peaches Multi Grain Bread Milk, 1% Movie Matinee Day! At Senior Center 2-4pm	9 Beef Enchiladas Spanish Rice Tossed Salad with Dressing Orange Wedges Milk, 1%	10 Herbed Pork Loin Baked Potato with Sour Cream California Blend Vegetables Fruit Parfait Multi Grain Bread Milk, 1%
13 Turkey Tetrazzini Harvard Beets Oranges Whole Wheat Roll Milk, 1% 	14 Beef Burgundy Buttered Noodles Spinach Salad Balsamic Vinegar Dressing Fruit Compote Whole Wheat Roll Milk, 1% Birthday Celebration At 1:00pm	15 Citrus Fish Rice Pilaf Buttered Carrots Fresh Pear WW Herb Roll Milk 1% 	16 Breaded Pork Chop Broccoli Broiled Tomato Half Spiced Apples Whole Wheat Roll Milk, 1%	17 Baked Chicken Parslied Potatoes Pea and Cauliflower Salad Oranges and Bananas Whole Wheat Roll Milk, 1%
20 Closed Martin Luther King JR. Day 	21 Blood Pressure 11:30a Lunch & Learn 12:15pm Roast Turkey Turkey Gravy Mashed Potatoes Green Beans Apple Slices Whole Wheat Roll Milk, 1%	22 JC Coffee House 10am Baked Tilapia Potatoes O'Brien Green Peas Tossed Salad with Dressing Milk 1%	23 Oven Fried Chicken Mashed Potatoes California Blend Vegetables Fresh Orange Whole Wheat Roll Milk, 1%	24 Beef Stuffed Peppers in Tomato Sauce Marinated Fresh Vegetables Apricots Whole Wheat Roll Milk, 1%
27 Caribbean Pork Potato Wedges Cucumber and Tomato Salad Canned Pears Whole Wheat Bread Milk, 1%	28 Tore's Meatloaf Mashed Potatoes Beef Gravy Harvard Beets Almond Peaches Whole Wheat Roll Milk, 1%	29 Hot Turkey Sandwich Mashed Potatoes Scandinavian Vegetables Cranberry Gelatin Salad Fresh Banana Milk, 1%	30 Crunchy Fish Roasted New Potatoes Lemon Glazed Carrots Sweet and Sour Coleslaw Whole Wheat Roll Lemon Slices Milk 1%	31 Beef Pot Pie with Biscuit Topping Seasoned Squash Tossed Salad with Dressing Fresh Fruit Cup Milk, 1%