


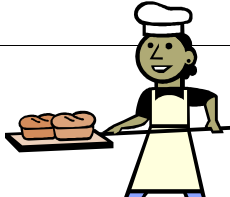
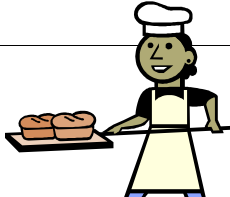




JANUARY, 2012

Senior Activity Center, Clay, AL

681-0238


Linda Love, Director

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|--|
| 2 Closed for New Year Holiday | 3 Lots of Games Today | 4 Games Exercise | 5 Games | 6 Games Name That Tune |
| 9 Games Hot Chocolate Day Sue with Rusty and Sophie Dogs To Visit Us Today | 10 Lots of Games Today  | 11 Games Patsy Cantor here with "How to fix a healthy plate for your- self" Exercise | 12 Games | 13 Shopping Day for whoever needs to go and out to eat Sign Up To Go |
| 16 CLOSED MARTIN LUTHER KING, JR. DAY | 17 Lots of Games Today Make Pinecone Bird Feeders  | 18 Games National Soup Month Let's bring soups and salads for lunch Sign Up To Bring Something Exercise | 19 Games | 20 Games Belinda Dove here to play "Let's Make A Deal" ***** 21 Saturday Night at Center 5:00 p.m. |
| 23 Games James Smith here playing his Autoharp 10:30  | 24 Lots of Games Today | 25 Games Show and Tell Exercise | 26 Games Make Monkey Bread  | 27 Games Bible Bowl Game |
| 30 Games | 31 Lots of Games Today | |  HAPPY NEW YEAR   | |

JANUARY

ADSS NUTRITION PROGRAM

WINTER 2012

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p>2</p> <p>Lunch Menu</p>  <p>Center Closed</p> | <p>3</p> <p><u>Menu 2</u></p> <p>Chicken/Biscuit Gravy Rice Pilaf Green Beans Peaches/Mandarin Oranges Wheat Bread Margarine Chocolate Cake Milk</p> | <p>4</p> <p><u>Menu 3</u></p> <p>Grilled Pork Patty/Brown Gravy Ranch Beans Peas & Carrots Fresh Fruit Wheat Bread Margarine Raspberry Gelatin Milk</p> | <p>5</p> <p><u>Menu 4</u></p> <p>Cranberry Juice Chicken Supreme Broccoli Country Tomatoes Wheat Roll Margarine Fig Bar Milk</p> | <p>6</p> <p><u>Menu 5</u></p> <p>Apple Juice Sliced Turkey/Gravy Rutabagas Mustard Greens Cornbread Margarine Chocolate Pudding Milk/Buttermilk</p> |
| <p>9</p> <p><u>Menu 6</u></p> <p>Orange Juice Meatloaf/Brown Gravy Delmonico Potatoes Mixed Vegetables Wheat Bread Margarine Pineapple Tidbits Milk</p> | <p>10</p> <p><u>Menu 7</u></p> <p>Apple Cherry Juice Ham & White Beans Collard Greens Fresh Fruit Cornbread Margarine Lemon Pudding Milk/Buttermilk</p> | <p>11</p> <p><u>Menu 8</u></p> <p>Meatballs (3)/Spaghetti Sauce Penne Pasta Italian Vegetables Tossed Salad/Ranch Dressing Wheat Bread Margarine Fudge Round Milk</p> | <p>12</p> <p><u>Menu 9</u></p> <p>Blended Juice Chicken Chili Buttered Rice Marinated Slaw Saltine Crackers Margarine Birthday Cake Milk Alternate: Brunswick Stew</p> | <p>13</p> <p><u>Menu 10</u></p> <p>Taco Salad: Taco Meat Lettuce/Tomato/Cheese Pinto Beans Corn Chips Taco Sauce Orange Gelatin Milk/Chocolate Milk</p> |
| <p>16</p> <p>Centers Closed</p> | <p>17</p> <p><u>Menu 12</u></p> <p>Cranberry Juice Beef Stew Yellow Rice Cabbage Multigrain Bread Margarine Chocolate Marshmallow Pie Milk</p> | <p>18</p> <p><u>Menu 13</u></p> <p>BBQ Rib Patty Parslied Potatoes Mixed Greens Sliced Peaches Cornbread Margarine Yellow Cake Milk/Buttermilk</p> | <p>19</p> <p><u>Menu 14</u></p> <p>Apple Cherry Juice Frankfurter/Bun Baked Beans Coleslaw/Carrots Diced Onions Ketchup/Mustard/Mayonnaise Hot Apple Cobbler Milk</p> | <p>20</p> <p><u>Menu 15</u></p> <p>Grilled Chicken Fingers(3)/Gravy Country Potatoes California Vegetables Fresh Fruit Wheat Bread Margarine Cherry Gelatin Milk</p> |
| <p>23</p> <p><u>Menu 16</u></p> <p>Grape Juice Glazed Chicken Breast Whipped Potatoes Green Peas Wheat Bread Margarine Lemon Cake Milk</p> | <p>24</p> <p><u>Menu 17</u></p> <p>Hamburger/Bun Baked Beans Potato Salad Lettuce/Tomato/Onion Ketchup/Mustard/Mayonnaise Hot Peach Crisp Milk/Chocolate Milk</p> | <p>25</p> <p><u>Menu 18</u></p> <p>Tomato Juice Vegetable Plate: Macaroni & Cheese Blackeyed Peas Turnip Greens Cornbread Margarine Gingerbread Cookie Milk/Buttermilk</p> | <p>26</p> <p><u>Menu 19</u></p> <p>Orange/Pineapple Juice Chicken Noodle Casserole Herbed Green Beans Okra & Tomatoes Multigrain Bread Margarine Raisin Crème Pie Milk</p> | <p>27</p> <p><u>Menu 20</u></p> <p>Smoked Sausage Northern Beans Garden Vegetables Fresh Fruit Wheat Bread Margarine Cranberry Congealed Dessert Milk</p> |
| <p>30</p> <p><u>Menu 1</u></p> <p>Grape Juice Ham and Potato Casserole Corn & Limas Summer Vegetables Wheat Bread Margarine Oatmeal Crème Pie</p> | <p>31</p> <p><u>Menu 2</u></p> <p>Chicken/Biscuit Gravy Rice Pilaf Green Beans Peaches/Mandarin Oranges Wheat Bread Margarine Chocolate Cake</p> | <p>HAPPY NEW YEAR</p> | | |