

JANUARY 2025 IN PERSON LUNCH MENU – DINE AT THE CENTER!

TO RESERVE YOUR MEALS, CALL **610-664-2366** by Previous Wednesday ALL MEALS COME WITH MILK (and sometimes Juice, where noted); VEG = No Meat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>December 30</i> WINTER HOLIDAY	<i>December 31</i> NEW YEAR'S EVE	1 NEW YEAR'S DAY	2	3
CENTER CLOSED NO LUNCHES SERVED TODAY	CENTER CLOSED NO LUNCHES SERVED TODAY	CENTER CLOSED NO LUNCHES SERVED TODAY	RIGATONI w/ MEAT SAUCE (Ground Beef) Peas Warm Spiced Peaches Dessert: Fresh Orange	SPECIAL NEW YEAR'S MEAL: STUFFED CHICKEN BREAST Garlic Mashed Potatoes Collard Greens Dessert: Chocolate Cake Dinner Roll Grape Juice
6	7	8	9	10
MANICOTTI w/ MEAT SAUCE (Manicotti Shell, Ricotta, Ground Beef, Tomato Sauce) Broccoli Pears w/ Oat Topping Dessert: Fruit Cocktail	SALSA CHICKEN (Chicken w Tomato, Pepper, and Onion Sauce) Brown Rice Corn w/ Red Peppers Dessert: Pineapples Whole Wheat Roll	BAKED FISH w/ ITALIAN PARSLEY CREAM SAUCE Italian Blend (Zucchini, Lima Bean, Carrot, Green Bean, and Cauliflower) Buttered Orzo Dessert: Fresh Orange Whole Wheat Roll	BAKED CHICKEN w/ CHICKEN GRAVY Traditional Stuffing Carrots & Peas Dessert: Applesauce Whole Wheat Roll	PEPPER & ONION CHEESE OMELET (VEG) Sliced Fresh Seasonal Fruit Hash Browns Dessert: Sugar Cookie Rye Bread
13	14	15	16	17
PHILLY CHEESEBURGER (Ground Beef, Peppers, and Onions) Potato Wedges Peas & Carrots Dessert: Berry Applesauce Whole Wheat Hamburger Roll	BBQ CHICKEN THIGH Veg Baked Beans Cole Slaw Dessert: Peaches Whole Wheat Bread	FRENCH ONION MEATLOAF (Ground Beef w/ Onion Gravy) Mashed Potatoes Green Beans Dessert: Sweet Muffin Whole Wheat Bread	ROSEMARY ROASTED TURKEY w/ LIGHT TURKEY GRAVY Corn Bread Stuffing Brussel Sprouts Dessert: Fresh Pear Whole Wheat Roll	CHEESEY OMELET (VEG) (Egg, Mozzarella) Cooked Apples Sautéed Spinach and Carrots Dessert: Mandarin Oranges Whole Wheat Roll
20 MLK, Jr DAY	21	22	23	24
CENTER CLOSED NO LUNCHES SERVED TODAY	GROUND BEEF AND BEAN CHILI (Ground Beef, Pinto/Kidney Beans, Cheddar Cheese, Sauce) Sweet Corn Carrots, Cauliflower, Broccoli Mix Dessert: Chocolate Chip Cookie Whole Wheat Bread	MILD CHICKEN & VEG CURRY (Chicken, Tomato Curry Sauce, Broccoli, Cauliflower, Carrot, Zucchini) Brown Rice Peas Dessert: Fresh Orange Whole Wheat Roll	SLICED BEEF MERLOT (Beef, Sauce w/ Sautéed Onions) Whipped Sweet Potatoes Roasted Beets Dessert: Cinna Applesauce Whole Wheat Roll	CRABCAKE w/ MAC & CHEESE (Surimi (Fake Crab), Elbow Noodles, Cheddar Cheese) Scalloped Tomatoes Broccoli Dessert: Fruit Whole Wheat Bread
27	28	29	30	31
ASIAN GARLIC CHICKEN Fried Brown Rice Stir Fry Veggies (Broccoli, Sugar Snap Peas, Water Chestnuts) Dessert: Mandarin Oranges	BAKED ZITI (VEG) (Ziti, Ricotta, Mozzarella, Tomato Sauce) Tossed Salad (Romaine, Tomatoes, Cucumber) Brussel Sprouts Dessert: Peaches	MAPLE GLAZED CHICKEN Mashed Sweet Potato Sugar Snap Peas Dessert: Fresh Apple Whole Wheat Bread	ITALIAN PULLED PORK Mashed Potatoes Green Beans Dessert: Sweet Muffin White Bread	RICE & SPINACH STUFFED FISH w DILL SAUCE Herb Couscous Broccoli Dessert: Fruit Cocktail Whole Wheat Roll

"Pay if you wish" for these meals with a suggested, non-mandatory, anonymous donation of \$2. Those specific donations are sent to and support the Montgomery County Office of Senior Services.

Register online at <https://www.newhorizonsseniorcenter.org/meals-and-deliveries.html> or Call: (610) 664-2366