L|E|C|O|M HEALTH
CENTER FOR HEALTH AND AGING

January 2020

SUN	MON	TUE	WED	THU	FRI	SAT
	Reservations Required for the Hot Meal on Wednesday the week before.	**Try our Hot and Cold Grab N Go. Available Monday-Friday. 9am-1:00pm** • **Breakfast and Lunch Items** • **Variety of Snacks and Sides**	1. **LECOM Center for Health and Aging Closed**	2. Breaded Fish Fillet Brown Rice Pilaf Asparagus Oriental Sesame Coleslaw Lemon Meringue Pie	3. Crispy Potato Chicken Baked Macaroni and Cheese Steamed Broccoli With Lemon Tossed Salad Fruit Crisp	**4.** **LECOM Center For Health And Aging Closed**
5. **LECOM Center For Health And Aging Closed**	6. Pot Roast with Potatoes and Carrots Dill Cucumber Salad Chocolate Chess Pie	7. Ham Macaroni and Cheese Cauliflower Potato Salad Pear Ginger Upside Down	**8.** Caribbean Shrimp Lemon Risotto Confetti Coleslaw Cottage Cheese Fruit Basket Crumble	9. Beef Stir Fry With Vegetables Fried Rice Chow Mein Noodles Fruit Cocktail Black Forest Pudding	10. Meatloaf Garlic Roasted Potato Wedges Roasted Zucchini Tossed Salad Texas Gold Bar	**11.** **LECOM Center For Health And Aging Closed**
12. **LECOM Center For Health And Aging Closed**	13. Rotisserie Style Turkey with Gravy Mashed Potatoes Broccoli Florets Tossed Salad Fruit Pie	14. Ham Steak Twice Baked Potato Zucchini Creamy Coleslaw Strawberry Parfait	**15.** Pepper Steak with Gravy Pineapple Rice Pilaf Asparagus Italian Pasta Salad Yellow Cake with Frosting	16. Encrusted Pork Loin with Garlic Butter Au Gratin Potatoes Wax Beans Macaroni Salad Blushing Pears	17. Crispy Baked Chicken Delmonico Potatoes Sauteed Brussels Sprouts Cottage Cheese Salad Marbled Cheesecake	**18.** **LECOM Center For Health And Aging Closed**
19. **LECOM Center For Health And Aging Closed**	20. Roast Turkey Gravy Baked Sweet Potato Zucchini Medley Wheat Dinner Roll Cinnamon Baked Apples	21. Swiss Steak with Gravy Orzo Peas and Mushrooms Confetti Coleslaw Hawaiian Fruit Cup	**22.** Grilled Chicken Breast Mashed Potatoes Garlic Roasted Brussels Sprouts Roma Pasta Salad Strawberry Shortcake	23. Turkey with Apple Normandy Scalloped Potatoes California Vegetable Blend Cottage Cheese Berry Cup	24. Tahitian Chicken Cheesy Rice Sugar Snap Peas Tossed Salad Fantasy Fruit	25. **LECOM Center For Health And Aging Closed**
26. **LECOM Center For Health And Aging Closed**	27. Mesquite Roasted Turkey Oven Browned Potatoes & Onions Spinach Three Bean Salad Pumpkin Mousse	28. Apricot Glazed Pork Loin Red Skin Potatoes Parmesan Baked Zucchini Caesar Salad Blueberries with Topping	**29.** Greek Chicken with Feta Steamed Broccoli Wheat Dinner Roll Carrot Raisin Salad Ambrosia	30. Chicken a la Orange Brown Rice Pilaf Asparagus Oriental Sesame Coleslaw Lemon Meringue Pie	31. BBQ Glazed Meatloaf Garlic Mashed Potatoes Steamed Broccoli with Lemon Macaroni Salad Fruit Crisp	

To make lunch reservations call 453-5072 or email Marie Heberlein at

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