

City of Glens Falls Senior Life Center Meal Program 7/04 E. 7th Street 515-769-1900

JANUARY

2025

Wednesday, January 1, 2025

CENTER CLOSED



Thursday, January 2, 2025

Chicken Soft Taco

(4oz Chicken, 1 6in Flour Tortilla, 1/2c Lettuce and tomato, 1oz Cheese, 1oz Salsa)

1/2c LS Ranch Beans
1c Roasted Broccoli w/ Red Pepper Strips
1c Tossed salad w/ TBSP Light Italian Dressing
1c Grapes

Friday, January 3, 2024

6oz Red Chile Beef Enchiladas

(2 corn tortilla, 3oz Ground beef, 1oz Cheese, 1/2c Lettuce and tomato)
1c Spring Vegetable Sautee (yellow squash, carrots red bell pepper, peas and red onion)
1/2c Pineapple and 1/2c mandarin oranges

Monday, January 6, 2025

Chicken Chow Mein

(3oz Diced Chicken, 2oz Sauce, 1/2c Chow Mein Noodles)
1c Stir Fry Vegetables
1c Pineapple and Mandarin oranges
1 Fortune cookie

Tuesday, January 7, 2025

3oz Chicken Fried Steak

1/2c Mashed Potatoes w/ 2oz LS Country Gravy
1/2c Roasted Brussel Sprouts
Wheat roll w/ 1 tsp margarine
1/2c Fruit Cocktail

Wednesday, January 8, 2025

1c Chicken Bake

(3oz Chicken, .5oz Mozzarella, 1 tsp parmesan),
1/4c Breadcrumbs,
1/2c Penne pasta)
1oz NAS Marinara sauce
1/2c LS Tomato and Red Onion Salad
1/2c Asparagus
6 LS WW Crackers
1/2c Peaches

Thursday, January 9, 2025

Chili & Beans

(.5oz. Cheese, 2 oz. Red Chile, 3/4c Beans)
1c Capri Vegetables
1 sl. Cornbread
1 orange

Friday, January 10, 2025

3/4c Beef Macaroni

(3 oz. Beef, 1 oz. Sauce, 1/2c Macaroni)
1c Garden Salad w/ 2T FF Ranch Dressing
1 Wheat Roll w/ 1 tsp. Margarine
1/2c Apricots

Monday, January 13, 2025

4oz Hamburger Steak

w/ 2oz LS Gravy
1/2c Brown Rice
1c Peas and Carrots
Wheat Roll
3/4c Fruit Salad

Tuesday, January 14, 2024

3oz Pork Chop w/ 2oz LS Gravy

1/2c Mashed Potatoes
1/2c spinach
Wheat Roll
1/2c Bananas in 1/2 Vanilla Pudding

Wednesday, January 15, 2025

Chicken Fajitas

(3oz Chicken, 1c Fajitas blend vegetables 1 6 in flour Tortilla)
1/2c LS Pinto Beans
6 LS WW Crackers
1 Peanut Butter Cookie

Thursday, January 16, 2025

3oz Meatloaf

1/2c Mashed Potatoes w/ 2oz LS Gravy
1/2c Peas and Onions
Wheat Roll
1/2c Orange

Friday, January 17, 2025

5oz Spinach Lasagna

(1/2c Spinach, 2oz Spinach, 1oz Cheese)
1/2c Black Beans
1c Tossed Salad w/ 2 TBSP Light Dressing
1 sl. Garlic Bread
1/2c SF Gelatin w/1/2c Plums

Monday, January 20, 2025

CENTER CLOSED



Tuesday, January 21, 2025

1/2c Spaghetti w/ 5oz Meat Sauce

(3oz meat, 2oz NAS marinara Sauce)
1c Tossed Salad w/ 2T FF Ranch Dressing
1c Italian blend
1 Wheat Roll w/ 1 tsp margarine
1/2c Pineapple Tidbits

Wednesday, January 22, 2025

1c LS Vegetable Beef Stew

(3 oz. Beef, 1/2c carrots/ celery/potatoes/peas)
1 oz. broth)
1c Tossed Salad w/ 2T FF Italian dressing
1 Wheat Roll w/ 1 tsp margarine
1/2c Spiced Peaches

Thursday, January 23, 2025

GR. Chile Cheese Enchiladas

(1oz. Cheese, 1oz. Green Chile,
2 Corn Tortillas, 2oz GC Sauce, 1/2c Black beans)
1/2c LS Spanish Rice
1c Tossed Salad w/ 2 TBSP FF ranch dressing
1/2c Plums

Friday, January 24, 2025

Tuna Salad Sandwich

(1/2c Tuna Salad, 2 sl. Wheat Bread,
1/2c Lettuce, 1 sliced tomato)
1/2c Brussel Sprouts w/ 1 tsp unsalted butter
1/2c Carrots
1c grapes

Monday, January 27, 2025

3oz Slow Roasted Pork

1/2c LS rosemary mash potato
1/2c spinach w/ 1/4c onions
1c Tossed Salad w/ 2 TBSP Light Italian Dressing
1/2c Apple Slices

Tuesday, January 28, 2025

Chicken Alfredo

(3oz Chicken breast, 1oz Light alfredo sauce, 1/2c fettuccine)
Garlic Knot
1c Italian Blend Vegetables Caesar Salad
(1c romaine lettuce, 1/4c tomatoes, 2 TBSP lite Caesar Dressing)
3/4c Apricots

Wednesday, January 29, 2025

Hot Turkey Sandwich

(2 oz. Turkey, 2 oz. Low Sodium Gravy, 1 sl. Wheat Bread)
1/2c green peas w/ 1 tsp Margarine
3/4c Brussel Sprouts w/ 1 tsp margarine
1c Tropical Fruit Salad
4oz Nonfat Vanilla Greek Yogurt

Thursday, January 30, 2025

3oz LS Lemon Pepper Tilapia

3/4c Brown Rice
1/2c Sauteed chard w/ garlic and 1 tsp olive oil
1/2c beet and red onion salad
4 LS WW Crackers
1 banana

Friday, January 31, 2025

Chicken Morney Casserole

(3oz chicken, 1/4c broccoli, 1oz Sauce, .5oz Cheese)
1/2c noodles
WW Roll
1c Tossed Salad w/ 2 TBSP Light Italian Dressing
1c Berries w/ 1/3c whipped topping