







Pittsfield Community Dining JANUARY 2012

M E N U

Under 60: \$6.00 Charge
 60 and Over: \$2.00 Donation
 Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Holiday 2  Closed for New Year's Day	3 Tomato Soup, Tuna Salad Sandwich, Chips, Pickle, Hot Apple Crisp	4 Pub Burger w/sliced peppers & onions, Mashed Potatoes, Corn, Raisin Cookie**	5 BBQ Chicken, L.S. Plain Chicken, Western Scalloped Potatoes, Winter Blend Vegetable, Cake**	6 Sandwich, Chips, Fruit and Cookie
9 Brunswick Stew, Biscuit, Green Beans Cookie**	10 Soup, Salad Bar, Kielbasa, Baked Beans, Hot Baked Apples	11 Chicken Parmesan, Spaghetti w/Sauce, Green & Wax Beans, Tropical Fruit	12 Baked Ham w/Sauce, Boiled Potatoes, Carrots, Birthday Cake	13 Fish Cakes w/Sauce, Scalloped Potatoes, Peas, Cookie**
Holiday 16  Closed for Martin Luther King Jr. Day	17 Meatloaf w/Gravy, Mashed Potatoes, Spinach, Snack Cake**	18 American Chop Suey, Green Beans Hot Peach Dessert	19 BBQ Wild Wings Garlic Mashed Potatoes, Corn, Cookie	Community Dining 20 Brunch- V8-Juice Cinnamon Swirl French Toast, Syrup, 1/2 Peach/Cottage Cheese, Sausage,
Chinese New Year 23 Pork Chop Suey, Chinese Rice, Oriental Vegetables Pineapple Chunks, Fortune Cookie 	24 Salisbury Steak w/Mushroom Gravy, Potatoes, Carrots, Fruit Cup	25 Spaghetti w/Meat Sauce, Cheese, Green & Wax Beans, Tangerines	26 Baked Chicken Breast w/Gravy, Mashed Potatoes, Broccoli, Cake**	27 Fish Stew, Oyster Crackers, Italian Blend Vegetable, Yogurt
30 Pork Sausage Links, L.S. Pub Burger, Onion Gravy, Mashed Potatoes, Mixed Vegetable, Applesauce	31 Turkey w/Gravy, Sweet Potatoes, Broccoli, Bread, Pudding**	 Join us for <i>Café Bienvenue</i> offering choices of soup and salad bar menu. Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs.		

*Low Sodium Meal

**Diet Substitute

Each meal provides one third of the USDA required daily allowance of nutrients.

Please contact your nearest site location for more information regarding midday meal schedules and Meals-on-Wheels programs.

Alton.....875-7102
 Belmont267-9867
 Concord M.O.W.225-9092
 Horseshoe Pond Place ...228-6956

Inter-Lakes.....279-5631
 Laconia524-7689
 Mountain View.....938-2104
 New London M.O.W.526-6155

Pittsfield.....435-8482
 Suncook.....485-4254
 TRIP (Franklin)934-4151

For additional information contact Community Action Program Belknap-Merrimack Counties, Inc., Elder Services at 603-225-3295