



JANUARY 2021 HDM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1/ REHEAT FROZEN MEAL TO 165°
4/ SAUSAGE GRAVY/BISCUIT SCANDINAVIAN VEG CUBED POT/APPLE/MILK	5/ REHEAT FROZEN MEAL TO 165°	6/ REHEAT FROZEN MEAL TO 165°	7/ MEATLOAF/WG ROLL MASH POT/CARROTS APRICOTS/MILK	8/ COLD MEAL
11/ POLISH SAUSAGE/WG BUN PEPPER-ONIONS/CAL.VEG ORANGE/MILK	12/ COLD MEAL	13/ REHEAT FROZEN MEAL TO 165°	14/ BAKED ZITI/ ^{WG} BREADSTICK SPINACH/WAX BEAN TROPICAL FRUIT/MILK	15/ REHEAT FROZEN MEAL TO 165°
18/ REHEAT FROZEN MEAL TO 165° HOLIDAY	19/ CHICKEN PATTY/WG BUN CAL. VEG BLEND LIMA BEANS/APPLE MILK	20/ REHEAT FROZEN MEAL TO 165°	21/ TACO MEAT/FIESTA CORN TORTILLA/CHEESE-SOUR CREAM REFRIED BEANS/BERRIES MILK	22/ REHEAT FROZEN MEAL TO 165°

25/ SALISBURY STEAK/WG ROLL MASHED POTATOES CARIBBEAN VEG/APPLE MILK	26/ COLD MEAL	27/ REHEAT FROZEN MEAL TO 165°	28/ BBQ CHICKEN/WG BUN BRUSSEL SPROUTS BAKED BEANS/ORANGE MILK	29/ REHEAT FROZEN MEAL TO 165°
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All meals are served with 1% milk and margarine unless otherwise noted. For more information call (517) 279-8249 or 1-877-422-2726 or visit our website at www.caascm.org **Funded by Area Agency on Aging Region 3B and III-C, Calhoun County Senior Millage, United Way of Greater Battle Creek, Branch County Community Foundation, Branch County United Way, and your generous donations. In accordance with Federal law (Civil Rights Act of 1964) and U.S. Department of Agriculture policy: This institution is prohibited from discriminating on the basis of race, color, religion, national origin, age, sex, sexual orientation, weight, height, marital status, political beliefs or disability. To file a complaint of discrimination, contact: Area Agency on Aging Region 3B, Michigan Offices of Services to the Aging, US Department of Health and Human Services, Michigan Department of Civil Rights, or write USDA, Director, Office of Civil Rights, 1400 Independence Ave S.W., Washington, D.C. 20250-941 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY).

*******MENU SUBJECT TO CHANGE*******

BRUSSEL SPROUTS



ROASTED BRUSSEL SPROUTS

INGREDIENTS

- 1 pint brussel sprouts (about a pound)
- 4 to 6 tablespoons extra virgin olive oil, to coat bottom of pan
- 5 cloves garlic, peeled
- Salt and pepper to taste
- 1 tablespoon balsamic vinegar

PREPARATION

- Heat oven to 400 degrees. Trim bottom of brussels sprouts, and slice each in half top to bottom. Heat oil in cast-iron pan over medium-high heat until it shimmers: put sprouts cut side

Nutrition Facts

Serving Size : 4 sprouts (84g)

Amount Per Serving