



# JANUARY 2022 HDM MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/ CHICKEN SALAD CROISSANT BEETS/BROCCOLI SLAW GRAPES/MILK	4/ SALISBURY STEAK/ <sup>WG</sup> ROLL MASHED POTATOES VEGGIE/APRICOTS/MILK	5/ REHEAT FROZEN MEAL TO 165°	6/ HAMBURGER/CHEESE WG BUN/MIXED VEG CUBE POTATOES/BERRIES MILK	7/ REHEAT FROZEN MEAL TO 165°
10/ SWEET N SOUR CHICKEN RICE/WG BREADSTICK MIDORI VEG/LIMA BEANS ORANGE/MILK	11/ HAM SALAD/WW BREAD CUCUMBERS/POT. SALAD KIWI/MILK	12/ REHEAT FROZEN MEAL TO 165°	13/ MAC & CHEESE/CARROTS PEAS & ONIONS/MELON MILK	14/ REHEAT FROZEN MEAL TO 165°
17/ CLOSED-HOLIDAY REHEAT FROZEN MEAL TO 165°	18/ TURKEY/CHEESE RYE BREAD/TOMATO CUCUMBER SALAD PEAR/MILK	19/ REHEAT FROZEN MEAL TO 165°	20/ SWEDISH MEATBALLS NOODLES/WG ROLL CARROTS/CORN GRAPES/MILK	21/ REHEAT FROZEN MEAL TO 165°
24/ SLOPPY JOE/WG BUN GREEN BEANS/ORANGE BABY BAKERS/MILK	25/ TURKEY STEW/ <sup>WG</sup> BISCUIT LIMA BEANS/GS APPLE/MILK	26/ REHEAT FROZEN MEAL TO 165°	27/ WG CHICKEN PATTY/BUN WINTER VEG/PEAS/PEAR MILK	28/ REHEAT FROZEN MEAL TO 165°
31/ BACON/EGG CASSEROLE <sup>WG</sup> MUFFIN/SPICE APPLES CAL.VEGGIE BLEND/MILK				

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](http://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**\*\*\*\*\*

# CRANBERRIES

## Nutrition Facts

Serving Size: 1 oz

Amount Per Serving

Calories from Fat 0

**Calories 13**

	% Daily Values*
<b>Total Fat</b> 0.04g	<b>0%</b>
Saturated Fat 0.003g	<b>0%</b>
Polyunsaturated Fat 0.016g	
Monounsaturated Fat 0.005g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1mg	<b>0%</b>
<b>Potassium</b> 24mg	
<b>Total Carbohydrate</b> 3.46g	<b>1%</b>
Dietary Fiber 1.3g	<b>5%</b>
Sugars 1.15g	
<b>Protein</b> 0.11g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 0%



## Cranberry Nut Bread

### Ingredients

- 2 cups all-purpose flour
- 1 cup white sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda
- 1/4 cup butter
  
- 1 egg
- 3/4 cup orange juice
- 1 tablespoon grated orange zest
- 1 1/2 cups fresh or frozen cranberries
- 1/2 cup chopped walnuts

### Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x4 inch loaf pan.

In a medium bowl, mix together the flour, sugar, baking powder, salt and baking soda. Cut in the butter until the mixture resembles coarse crumbs.

In a small bowl, beat the egg, orange juice and orange zest. Blend into the dry mixture. Stir in the cranberries and walnuts. Transfer to the loaf pan.

Bake in the preheated oven 65 to 70 minutes, or until a wooden toothpick inserted at center comes out clean. Cool in pan 10 minutes, remove to wire rack and cool completely before serving.