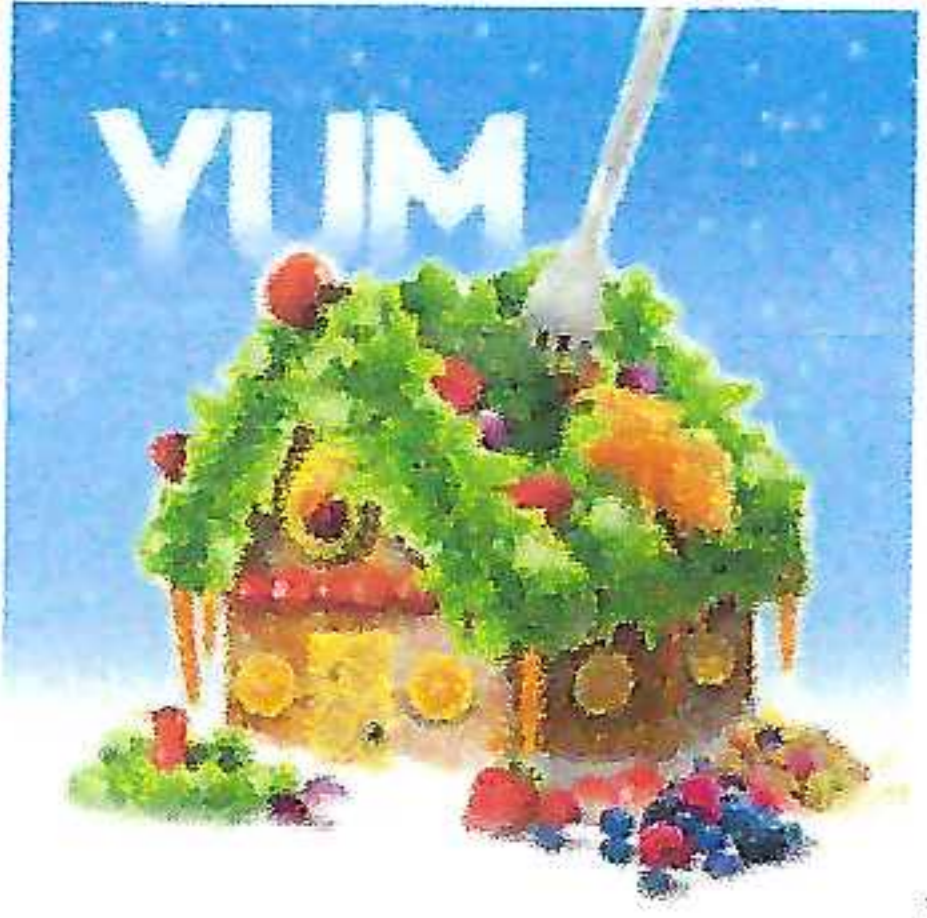


Congregate January Menu 2024

Menu Subject to Change Based on Product Availability and Quality Standards

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 NEW YEAR'S EVE OBSERVED	 HAPPY NEW YEAR OBSERVED			
Pork Chops w/Mushrooms Roasted Potatoes Sugar Snap Peas Fresh Apple Sliced Wheat Bread Margarine Milk	Chicken Caesar Wrap w/ Romaine & Parmesan Cucumber Slices w/Dip Fruit Cocktail Tortilla Wrap 100% Fruit Juice	BBQ Chicken Tenders Spinach Yams & Apples Fresh Orange Whole Wheat Roll Margarine Milk	Sweet & Sour Meatballs Brown Rice Green Beans Pineapple Tidbits Flatbread Margarine 100% Fruit Juice	Pub Burger w/Cheese Potato Wedges Vegetable Blend Diced Pears Multi-Grain Bun Ketchup & Mustard Milk 
8	9	3	4	5
15	16	17	18	19
 MARTIN LUTHER KING JR. DAY OBSERVED	HM Creamy Tortellini & Sausage Soup Vegetable Blend Lima Beans Applesauce Corn Muffin Margarine 100% Fruit Juice	HM Beef Pot Pie w/Stewed Vegetables Green Beans Warm Peaches Biscuit Milk 	Creole Steak European Veggies Sliced Beets Tropical Fruit Salad Potato Roll Margarine 100% Fruit Juice Cookie Of the Month	Crispy Fish Taco w/Fresh Corn Salsa Au gratin Potatoes Cole Slaw Pineapples Tortilla Shell Milk 
22	23	24	25	26
Ham, Bacon Frittata w/Cheese, Peppers & Onions Roasted Redskin Potatoes Warm Cinnamon Apples Mini Muffin Milk	HM Liver & Onions w/Gravy Mashed Potatoes Sweet Peas Applesauce Biscuit Margarine 100% Fruit Juice	Roasted Chicken Breast Roasted Potatoes Italian Veggie Blend Fresh Pear Hawaiian Roll Margarine Milk	HM Sloppy Joes Garden Pasta Veggie Blend Broccoli Florets Golden Apple WG Bun Margarine 100% Fruit Juice Birthday Cake 	HM Artisan Mac and Cheese French Cut Green Beans Sliced Carrots Mandarin Oranges Wheat Roll Margarine Milk
29	30	31		
HM Goulash Spinach Baby Carrots Fresh Apple Margarine Milk 	HM Chicken Salad Fresh HM Cucumber Salad Fresh Broccoli Bites Diced Pears Croissant 100% Fruit Juice	Chicken Cacciatore! Spaghetti Mixed Greens Golden Apple Corn Bread Margarine Milk		

You need to call the center the day before by 12:30 pm to schedule for lunch @ 810-658-1566
 It is curbside pick-up! Pull up to the front doors and we will bring lunches out to you!



9 Tips to Make Healthier Holiday Choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make this holiday season to create healthier meals and active days.

1. Enjoy all the food groups at your celebration

Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

2. Make sure your protein is lean

Turkey; roast beef; fresh ham; beans; and some types of fish, such as cod or flounder, are lean protein choices. Trim fat when cooking meats. Go easy on the sauces and gravies — they can be high in saturated fat and sodium.

3. Cheers to good health

Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

4. Bake healthier

Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half. Use spices to add flavor such as cinnamon, allspice, or nutmeg instead of salt.

5. Tweak the sweet

For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.

6. Be the life of the party

Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

7. Make exercise a part of the fun

Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

8. Enjoy leftovers

Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

9. Give to others

Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.