

Active Adults 50+

January 2018— Monthly Bulletin

Thursday Lunch!



Our lunches are provided by The Friendly Fork: Weld County Senior Nutrition program every Thursday at NOON.

Join us for social hour beginning at 11:00 am.

Reservations are required by Tuesday, at 5:00 pm.

Call 303.926.2793 to make reservations.

\$4.00 - Suggested Donation for 60 +

\$12.00 - Fee for under 60

Meals subject to change based on product availability.

MENU	LUNCH PROGRAM
January 4 Herb Baked Chicken Breast, Roasted Sweet Potato, Green Beans with Red Peppers, Fruity Nut Granola Bar, Banana, Milk 1%	January 4 Blood pressure checks Via Transportation Presentation
January 11 Cabbage Casserole, Red Roasted Potatoes, Carrot Raisin Salad, Grapes-Melons-Banana, Wheat Roll, Butter, Milk 1%	January 11
January 18 Chicken and Noodle Casserole, California Blend Vegetables, Rainbow Fruit Salad, Wheat Roll, Butter, White Chocolate Chip Cookies, Milk 1%	January 18 Hearing screenings Joe Diamo, Musical Performer
January 25 Tamale Pie, Spicy Black Beans and Tomatoes, Southwestern Coleslaw, Snickerdoodle Cookie, Milk 1%	January 25