




























SALERNO'S CONGREGATE MENU FOR AGING CARE CONNECTIONS - JANUARY 2019



| MONDAY DECEMBER 31 | TUESDAY JANUARY 1 | WEDNESDAY JANUARY 2 | THURSDAY JANUARY 3 | FRIDAY JANUARY 4 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| SALISBURY STEAK W/ MUSHROOMS & ONIONS - 3OZ. MASHED POTATOES W/GRAVY - 1/2C CORN - 1/2C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ. |  | CHICKEN LEG QUARTER - 3OZ. BROWN RICE W/GRAVY - 1/2C MIXED VEGETABLES - 1/2C CREAM OF SPINACH SOUP - 3/4C FRENCH BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ. | LASAGNA W/CHEESE & MEAT - 3 OZ. BROCCOLI - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ. | TILAPIA - 3OZ. MAC AND CHEESE - 1/2C GREEN BEANS - 1/2C CHICKEN ROSA MARINA SOUP - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ. |
| MONDAY JANUARY 7 | TUESDAY JANUARY 8 | WEDNESDAY JANUARY 9 - ALTERNATE MEAL | THURSDAY JANUARY 10 | FRIDAY JANUARY 11 |
| CHICKEN CACCIATORE - 3OZ. BUTTERED NOODLES - 1/2C CORN - 1/2C SALAD W/TOMATOES - 1C GARLIC BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ. | SALISBURY STEAK W/ MUSHROOMS & ONIONS - 3OZ. MASHED POTATOES W/GRAVY - 1/2C SPINACH - 1/2C MUSH SOUP - 3/4C FRENCH BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ. | HOT DOG OR HAMBURGER ON A BUN - 3 OZ. CHILI - 1/2C COLE SLAW - 1/2C FRUIT - 1/2C MILK - 8 OZ. | BREADED PORK TENDERLOIN - 3 OZ. MASHED POTATOES W/GRAVY - 1/2C SAUERKRAUT - 1/2C RYE BREAD - 2 SLS. CREAM OF BROCCOLI SOUP - 3/4C APPLESAUCE - 1/2C FRUIT - 1/2C MILK - 8OZ. | ITALIAN BEEF W/GREEN PEPPERS ON A HARD ROLL - 3 OZ. BAKED BEANS - 1/2C POTATO SALAD - 1/2C FRUIT - 1/2C MILK - 8 OZ. |
| MONDAY JANUARY 14 | TUESDAY JANUARY 15 | WEDNESDAY JANUARY 16 | THURSDAY JANUARY 17 | FRIDAY JANUARY 18 |
| ITALIAN GOULASH - 3 OZ. MEAT BROCCOLI AND CAULIFLOWER - 1/2C SALAD W/TOMATOES - 1C CREAM OF CELERY SOUP - 3/4C GARLIC BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ. | CHICKEN MARSALA - 3OZ. BAKED POTATO W/SOUR CREAM PEAS AND CARROTS - 1/2C FRENCH BREAD - 2 SLS. COTTAGE CHEESE W/PEACHES - 1/2C VEGETABLE SOUP - 3/4C MILK - 8 OZ. | CHICKEN TACOS ON WHOLE WHEAT TORTILLA (2), W/CHEESE, LETTUCE, TOMATO, SOUR CREAM & SALSA - 3OZ. REFRIED BEANS - 1/2C SPANISH RICE - 1/2c VEGETABLE SOUP - 3/4C FRUIT - 1/2C MILK - 8 OZ. | CREAMY BAKED SAUSAGE PAISANO (RIGATONI, SAUSAGE, MUSHROOMS, CHEESE) - 1C SALAD W/TOMATOES - 1C GARLIC BREAD - 2 SLS. GREEN BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ. | TURKEY CLUB ON WW BREAD - 3OZ. CHICKEN WITH RICE SOUP - 3/4C COLE SLAW - 1/2C BAKED BEANS - 1/2C FRUIT - 1/2C MILK - 8 OZ. |
| MONDAY JANUARY 21 | TUESDAY JANUARY 22 | WEDNESDAY JANUARY 23 - ALTERNATE MEAL | THURSDAY JANUARY 24 | FRIDAY JANUARY 25 |
| CLOSED In Honor of Martin Luther King Jr. | BR. PORK TENDERLOIN W/GRAVY - 3 OZ. MASHED SWEET POTATOES - 1/2C CABBAGE - 1/2C RYE BREAD - 2 SLS. APPLESAUCE - 1/2C MILK - 8 OZ. | SUBMARINE SANDWICH ON A HARD ROLL OR GRILLED CHEESE W/BACON ON WW BREAD - 3 OZ. TOMATO SOUP - 3/4C POTATO SALAD - 1/2C FRUIT - 1/2C MILK - 8 OZ. | SALISBURY STEAK W/ONIONS AND MUSHROOMS - 3 OZ. BAKED POTATO - 4 OZ. SPINACH - 1/2C FRENCH BR - 2SLS. NAVY BEAN SOUP W/PORK - 3/4C FRUIT - 1/2C MILK - 8 OZ. | PIZZA W/SAUSAGE, CHEESE, MUSHROOMS, ONIONS, & GREEN PEPPER - 2 OZ. EACH PICKLED BEETS - 1/2C FRUIT - 1/2C MILK - 8 OZ. |
| MONDAY JANUARY 28 | TUESDAY JANUARY 29 | WEDNESDAY JANUARY 30 | THURSDAY JANUARY 31 - TASTE OF SALERNO'S | FRIDAY FEBRUARY 1 |
| STUFFED CHICKEN BREAST - 3 OZ. STUFFING W/GRAVY - 1/2C CAULIFLOWER - 1/2C SALAD W/TOMATOES - 1C FRENCH BREAD - 2 SLS. CRANBERRY SAUCE - 1/2C MILK - 8 OZ. | CHICKEN PICANTE" - 3 OZ. BROWN RICE W/GRAVY - 1/2C MIXED VEGETABLES - 1/2C TOMATO CHICKEN ROSA MARINA SOUP GARLIC BREAD - 2 SLS. PEACHES W/COTTAGE CHEESE - 1/2C MILK - 8 OZ | STUFFED GREEN PEPPER W/TOMATO SAUCE CREAMY NOODLES IN VODKA SAUCE - 1/2C SALAD W/TOMATOES - 1C WW BREAD - 2 SLS. FRUIT - 1/2C MILK - 8 OZ. | CHICKEN VESUVIO - 3 OZ. EGGPLANT PARMIGIANA - 2 OZ. VESUVIO POTATOES - 1/2C CREAM OF MUSHROOM SOUP - 3/4C SALAD W/TOMATOES - 1C GARLIC BREAD - 2SLS. FRUIT - 1/2C MILK - 8 OZ. |  |

TO RESERVE CALL 708-354-1323

SALERNO'S CONGREGATE ACTIVITIES FOR AGING CARE CONNECTIONS -JANUARY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>DECEMBER 31</p> <p>NEW YEAR'S EVE PARTY GET OUT YOUR FANCY CLOTHES IF YOU LIKE</p> <p>12:45 P.M. - FORTUNE BINGO</p>  | <p>JANUARY 1</p> <p><i>Happy New Year!</i></p> | <p>JANUARY 2</p> <p>12:30 P.M. - ACES CARD GAME</p>  <p>CHOCOLATE CHIP COOKIES - 50 CENTS</p> | <p>JANUARY 3</p> <p>12:45 P.M. -MYSTERY BINGO</p>  | <p>JANUARY 4</p> <p>COLORFUL LUNCH - BLACK MUST WEAR BLACK PANTS, SHIRT & SHOES - 2 WINNERS</p>  |
| <p>JANUARY 7</p> <p>10:00 A.M. - ADVISORY COUNCIL MEETING</p> <p>12:45 P.M. - SOUP BINGO</p>  | <p>JANUARY 8</p> <p>12:45 P.M. - FORTUNE BINGO</p>  | <p>JANUARY 9</p> <p>EXERCISE DAY</p>  | <p>JANUARY 10</p> <p>12:45 P.M. -BINGO EVERYTHING CHOCOLATE</p>  | <p>JANUARY 11</p> <p>12:30 P.M. - LEFT, RIGHT, CENTER CARD GAME</p>  |
| <p>JANUARY 14</p> <p>12:45 P.M. - TEA BINGO</p>  | <p>JANUARY 15</p> <p>12:45 P.M. - FORTUNE BINGO</p>  | <p>JANUARY 16</p> <p>12:30 P.M. - HEARTLAND BANK SPONSORS BINGO</p>  | <p>JANUARY 17</p> <p>10:30 A.M. - PVFD - BLOOD PRESSURE & GLUCOSE CHECKS</p> <p>12:45 P.M. - BINGO</p>  | <p>JANUARY 18</p> <p>BLUE PLATE SPECIAL - DONATION \$1.25</p>  |
| <p>JANUARY 21</p> <p>CLOSED</p>  | <p>JANUARY 22</p> <p>12:45 P.M. - FORTUNE BINGO</p>  | <p>JANUARY 23</p> <p>SLICE OF APPLE OR PEACH PIE - \$1.00</p>  | <p>JANUARY 24</p> <p>12:45 P.M. - BINGO</p>  | <p>JANUARY 25</p> <p>12:30 P.M. - PO-KENO</p>  |
| <p>JANUARY 28</p> <p>12:45 P.M. - OATMEAL BINGO</p>  | <p>JANUARY 29</p> <p>12:45 P.M. - FORTUNE BINGO</p> <p>NATIONAL CORN CHIP DAY</p>  | <p>JANUARY 30</p> <p>SLICE OF CHEESE CAKE - \$1.00</p>  | <p>JANUARY 31</p> <p>12:45 P.M. - BINGO</p>  | <p>FEBRUARY 1</p>  |