



Senior Nutrition Program		January 2023	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>2</p> <p>Happy New Year!</p> <p><b>CENTER CLOSED</b></p>	<p>3</p> <p><b>WE'RE BACK!!!!</b></p> <p>Chicken Cordon Bleu Broccoli seasons noodles California blend Tropical fruit 2% milk</p>	<p>4</p> <p>Chicken Fried Steaks Mashed Potatoes w/ Gravy Peas and Carrots Mandarin Oranges 2% Milk</p>	<p>5</p> <p>Chicken Enchilada soup Crackers / cheese stick Mixed fruit Cinnamon Roll 2% Milk</p>
<p>9</p> <p><b>**Cooks Choice</b></p> <p>Stuffed Green Peppers Mixed Veggies Peach Cobbler Rolls 2% Milk</p>	<p>10</p> <p>Chicken Fajitas w/ peppers/onions Key Largo Refried Beans Fruit &amp; jello 2% milk</p>	<p>11</p> <p>Pot Roast w/ potato, carrot, onion Fruit Salad Dinner Roll w/ margarine 2% milk</p>	<p>12</p> <p>Meat &amp; cheese pizza Tossed Green Salad Hot Cinnamon Apples Cake w/ frosting 2% milk</p>
<p>16</p> <p><b>Closed</b></p> <p><b>Martin Luther King</b></p>	<p>17</p> <p>Pork Chop Scalloped potato peas Apple sauce Birthday Cake! 2% Milk</p> 	<p>18</p> <p>Lasagna Corn Fruit Cocktail Garlic Bread 2% Milk</p>	<p>19</p> <p>Baked Fish Rice pilaf Green beans Pineapple Jell o Salad Oatmeal raisin cookie 2 % Milk</p>
<p>23</p> <p>Beef Stroganoff over noodles Green Beans Pear's w/ cottage cheese Homemade bread w/ margarine 2% milk</p>	<p>24</p> <p>Chicken and Rice Casserole Mixed Vegetable Peach Cobbler Wheat Bread w/ Margarine 2% milk</p>	<p>25</p> <p>Minestrone Soup Saltine crackers Cheese stick Tropical fruit Ginger snap cookie 2% milk</p>	<p>26</p> <p>Ham &amp; Mac and cheese Mandarin orange and pineapple with sour cream salad Bread stick 2% milk</p>
<p>30</p> <p>Chicken Enchilada Mexican Corn Spanish Rice Peach Parfait Milk 2%</p>	<p>31</p> <p>Pork Roast Mashed potato w gravy Broccoli Applesauce Roll w/ margarine 2% Milk</p>		<p><b>Suggested Donation</b> <b>Seniors 60 &amp; older \$3.00</b> <b>Under 60 COST \$6.00</b></p>

\*\*Please make your reservation by 9:00 a.m. on the day you plan to eat at the  
THANK YOU!!!



You are enough  
just as you are!!

## Manti Senior Center 435-835-2041

### Monthly Newsletter January 2023

#### Happy New Year! Welcome Back!

We are so happy to be back and to see you all again! We hope you had a wonderful Christmas and New Years filled with family, fun and good food!

#### Bingo Monthly Drawing Winner:

The winner for November's monthly Bingo drawing was Jessie Noorlander! Congratulations Jessie! Come join us for Bingo every Tuesday immediately after lunch, and win prizes! We will temporarily be putting the monthly drawing on hold. We will let you know when it starts up again.

#### Martin Luther King Jr Day

Please note that we will be closed on Monday January 16<sup>th</sup> in observance of Martin Luther King Jr. Day.

#### Monthly Birthday Celebration:

This month we will celebrate January birthdays on Tuesday, January 17<sup>th</sup>. Stop by and celebrate with us and have a piece of cake! Feel free to join us for lunch and bingo, and wish everyone born in January a very Happy Birthday!

#### Blood Pressure Clinic:

Don't forget the blood pressure clinic on Tuesday, January 24<sup>th</sup>. Stop by on the 4<sup>th</sup> Tuesday of each month to get your blood pressure, blood sugar and oxygen checked, and feel free to stay for lunch and Bingo!

#### January Birthdays:



We would like to wish a very happy birthday, and many many more, to our following seniors born in the month of January and apologize if we have missed any...

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 6 <sup>th</sup> – Patricia Estes   | 21 <sup>st</sup> – Dorothy Williams  |
| 7 <sup>th</sup> – Ireta Faatz      | 23 <sup>rd</sup> – Harold Henriod    |
| 9 <sup>th</sup> – Geri Baldwin     | 25 <sup>th</sup> – James Erichsen    |
| 9 <sup>th</sup> – Twyla Pittsinger | 26 <sup>th</sup> – Jeanne Farnsworth |
| 12 <sup>th</sup> – Peggy Layton    | 27 <sup>th</sup> – Arthella Larsen   |
| 14 <sup>th</sup> – Connie Henriod  | 27 <sup>th</sup> – Lynne Smith       |
| 15 <sup>th</sup> – Dean Buchanan   | 28 <sup>th</sup> – Gail Erichsen     |
| 16 <sup>th</sup> – Lewis Garbe     | 28 <sup>th</sup> – Lynda Bennett     |
| 17 <sup>th</sup> – Marilee Adams   | 31 <sup>st</sup> – Joy Merriam       |
| 20 <sup>th</sup> – Jack Cox        | 31 <sup>st</sup> – Kay Johnson       |
| 20 <sup>th</sup> – Roger Nielson   |                                      |