




JANUARY 2024 - LOW SODIUM MENU



LICKING COUNTY
AGING PARTNERS

Our 'Cold Meal Choice' offerings are all low sodium.

Cold Meal Choice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tuna Salad over Lettuce Fresh Tomatoes Fresh Fruit	1 LCAP CLOSED 	2 Sloppy Joe Baby Baker Potatoes Buttered Carrots Fruit Cup	3 Turkey Burger Caramelized Onions Succotash Green Beans Fruit Cup	4 Teriyaki Pork Brown Rice Zucchini Oriental Vegetables Fresh Fruit	5 Beef Stew w/ Potatoes, Celery Carrots & Onions Tossed Salad Fruit Cup
Chef Salad w/ Hardboiled Egg Croissant Cucumber Slices Fruit Cup	8 Sweet & Sour Pork Peppers / Onions Brown Rice Pilaf Oriental Veggies Fruit Cup	9 Spaghetti w/ Turkey Meat Sauce Buttered Corn Tossed Salad Fruit Cup	10 Chicken Cutlet Sun Dried Tomato- Cream Sauce Vegetable Blend Fresh Fruit	11 Haddock Fish Fillet Baby Baker Potatoes Steamed Broccoli Fresh Fruit	12 Ham & Lentil Soup Tossed Salad Sliced Cucumbers Fruit Cup
Egg Salad Cheese & Crackers Fresh Veggies Fruit Cup	15 LCAP CLOSED 	16 Cheeseburger with Swiss Cheese Roasted Sweet- Potatoes Succotash Fruit Cup	17 Vegetable Lasagna w/ Tomato Sauce Tossed Salad Fruit Cup	18 Salsa Skillet Pork Chops Corn & Pinto Beans Fresh Veggies Fruit Cup 	19 Firehouse Chili Onions & Peppers Tossed Salad Wheat Crackers Fresh Fruit 
Roasted Chicken Salad w/ Fruit and Walnuts Vanilla Yogurt Fruit Cup	22 Sweet Potato Fish Lemon Herbed Rice Kyoto Veggies Fruit Cup	23 Undone Cabbage Rolls Buttered Carrots Succotash Fruit Cup	24 Stuffed Portabellas Wild Rice Blend Peas & Pearl Onions Fresh Fruit	25 Cuban Style Pork on a Bun Red Beans & Tomatoes Brown Rice Fruit Cup	26 Coconut Chicken Curry w/ Brown Rice Steamed Broccoli Cucumber Salad Fruit Cup 
BLT Pasta Salad with Chicken Cherry Tomatoes Ranch Sauce Fruit Cup	29 BBQ Pork Rib Corn Sunshine Carrots Fruit Cup	30 Lemon-Chicken w/ Mushrooms & Rice Roasted Asparagus Grape Tomatoes and Onions Fruit Cup	31 Beef Tips Burgundy Edamame Buttered Carrots Fruit Cup	<p>Please call the office by 4pm the day before to cancel a meal: 740-345-0821 Ext. 3</p> <p>All meals include two servings of grains, apple-butter and a carton of whole milk.</p>	

****Ingredient information available at: www.lcap.org/menu****

Menu is always subject to change - based on product availability.