

# JANUARY 2024 - REGULAR MENU



LICKING COUNTY  
AGING PARTNERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> LCAP CLOSED 	<b>2</b> Cheeseburger Lettuce/Tomato/Onion Sweet Potato Fries Fruit Juice	<b>3</b> Sausage, Egg and Cheese Croissant Potatoes O'Brien Yogurt Cup	<b>4</b> Bourbon Glazed Chicken over Brown Rice Mashed Potatoes Steamed Broccoli Fruit Cup	<b>5</b> Vegetable Beef Soup Tossed Salad Dinner Roll Fruit Cup
<b>8</b> Cabbage Casserole w/ Beef, Rice and Tomatoes Fiesta Corn Fresh Fruit	<b>9</b> BBQ Rib Patty Baby Baker Potatoes Brussel Sprouts Fruit Cup	<b>10</b> Belgian Waffles w/ Blueberries Turkey Sausage Links Sweet Potato Patties Yogurt / Fresh Fruit	<b>11</b> Honey Mustard Chicken Brown Rice Steamed Broccoli Fruit Cup	<b>12</b> LCAP Turkey Bowl Mashed Potatoes Buttered Corn Biscuit Fresh Fruit
<b>15</b> LCAP CLOSED 	<b>16</b> Brunch for Lunch Cheese Omelet Home Fries Peppers & Onions Banana	<b>17</b> Fish Sandwich Baby Baker Potatoes Vegetable Blend Yogurt Cup Fresh Fruit	<b>18</b> Country Fried Steak Au Gratin Potatoes Brussel Sprouts Fig Bar Fruit Cup	<b>19</b> Ham & Bean Soup Side Salad Corn Muffin Fruit Cup
<b>22</b> Southwest Turkey & Rice Casserole Mexican Street Corn Fruit Cup	<b>23</b> Creamed Chicken Sandwich Buttered Corn Green Beans Fruit Cup	<b>24</b> Meatloaf Mashed Sweet Potatoes Creamed Spinach Muffin Fruit Cup	<b>25</b> Pizza Tossed Salad Cottage Cheese Applesauce Pudding Cup	<b>26</b> Chili Corn Bread Muffin Carrots w/ Ranch Dip Fresh Fruit
<b>29</b> Smoked Sausage Fried Potatoes Sauerkraut Fruit Cup	<b>30</b> All Beef Hotdog Buttered Carrots Baked Beans Fruit Cup	<b>31</b>  CHEF'S CHOICE	<b>All meals include two servings of grains, butter and a carton of whole milk. Ingredient information is available at: <a href="http://www.lcap.org/menu">www.lcap.org/menu</a></b>	

Please call the office by 4pm the day before to cancel a meal. 740-345-0821 Ext. 3

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