CAPON VALLEY VIEW SENIOR CENTER 304-822-2465 January 2021 Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CLOSED
	5 HONEY MUSTARD CHICKEN MACARONI SALAD KALE ORANGES DESSERT			8 CHEF SALAD ROLL PEACHES DESSERT
	12 STEAK BAKED POTATO CALIFORNIA BLEND SPINACH SALAD ROLL			15 CHICKEN NOODLE SOUP/TUNA SALAD ON WHEAT BREAD GARDEN SALAD W/ CHEESE DESSERT
	19 VEGETABLE SOUP CHEESE BURGER LETTUCE/ TOMATO TROPICAL FRUIT COOKIE			22 CHICK FILLET / BUN LETTUCE / TOMATO BAKED FRIES MIXED VEGGIES STRAWBERRIES
	26 OVEN FRIED CHICKEN MACARONI/CHEESE SUCCOTASH SALAD BISCUIT			29 ROAST BEEF SANDWICH/GRAVY MASHED POTATOES PEAS APPLE SAUCE

THE OLDER AMERICANS ACT NUTRITION PROGRAM – Please give whatever you can; help us help others.