

JANUARY 2019	CONWAY SENIOR WELLNESS & ACTIVITY CENTER MENU				For Seniors 60 & Over
Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>1</b> <b>HAPPY NEW YEAR</b> <b>CENTER CLOSED</b>	<b>2</b> CHICKEN TENDERS W/GRAVY BLACK EYED PEAS CABBAGE CORNBREAD CHEESECAKE SKIM MILK	<b>3</b> SLICED TURKEY W/GRAVY SWEET POTATOES GREEN BEANS PEACH COBBLER ROLL SKIM MILK	<b>4</b> BEEF STEW CORNBREAD APPLE CABBAGE SALAD SHERBET OATMEAL COOKIE SKIM MILK	
<b>7</b> SPAGHETTI W/MEATSAUCE ITALIAN VEGETABLES TOSSED SALAD LIME SPRINKLED PEARS GARLIC BREAD SKIM MILK	<b>8</b> SALISBURY STEAK MASHED POTATOES TURNIP GREENS FRUIT CUP ROLL SKIM MILK	<b>9</b> FAJITA MARINATED CHICKEN SAUTEED ONION & PEPPERS FIESTA RICE FLOUR TORTILLA FROSTED CAKE SKIM MILK	<b>10</b> CHICKEN & RICE CASSEROLE PEAS & CARROTS BAKED APPLES ICE CREAM BREAD SKIM MILK	<b>11</b> PULLED PORK ON A BUN COLESLAW BAKED BEANS BANANA PUDDING SKIM MILK	
<b>14</b> MEATBALLS W/GRAVY MASHED POTATOES SAUTED ZUCCHINI & SQUASH CHOCOLATE CAKE ROLL SKIM MILK	<b>15</b> BAKED CHICKEN BREAST HERBED RICE PILAF BROCCOLI CINNAMON BAKED APPLES BREAD SKIM MILK	<b>16</b> HOMEMADE MEATLOAF MASHED POTATOES PEAS & CARROTS ORANGES & PINEAPPLES BREAD SKIM MILK	<b>17</b> BACON WRAPPED PORK FILET SQUASH CASSEROLE GREEN BEANS PEACHES ROLL SKIM MILK	<b>18</b> HAM AND BEANS FRIED POTATOES MIXED GREENS CORNBREAD LEMON PIE SKIM MILK	
<b>21</b> <b>MARTIN LUTHER KING</b> <b>HOLIDAY</b>  <b>CENTER CLOSED</b>	<b>22</b> CHICKEN PARMESAN ITALIAN BLEND VEGETABLES SCALLOPED POTATOES STRAWBERRIED GARLIC BREAD SKIM MILK	<b>23</b> SMOTHERED PORK CHOP PARSLIED BUTTERED PASTA CANDIED CARROTS MIXED FRUIT BREAD SKIM MILK	<b>24</b> BBQ CHICKEN CORN O'BRIEN BLACKEYED PEAS GARLIC BREAD CHOCOLATE PUDDING SKIM MILK	<b>25</b> HOMEMADE CHILI FRITOS COLESLAW CHILLED PEACHES COOKIE SKIM MILK	
<b>28</b> CHICKEN POT PIE TOSSED SALAD PINEAPPLE UPSIDE DOWN CAKE ROLL SKIM MILK	<b>29</b> SLICED BAKED HAM GREEN BEANS BAKED POTATO APPLESAUCE ROLL SKIM MILK	<b>30</b> BEEF TIPS & GRAVY MASHED POTATOES CARROTS PIE OF THE DAY ROLL SKIM MILK	<b>31</b> SCRAMBLED EGGS SAUSAGE HASHBROWNS BISCUIT & GRAVY ORANGE JUICE SKIM MILK	<u><b>In the event of inclement weather,</b></u> <u><b>we will follow School Closings</b></u> <u><b>If Conway Schools close, the</b></u> <u><b>Senior Center will be closed</b></u>	