




January 2021		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			Congregate Menu	
Monday	Tuesday	Wednesday	Thursday	Friday		
<p>Your choice of ham, turkey or chicken chef salad's available daily. Reservations for all meals must be made before 11 a.m. 968-5039</p>				<p>1</p> 		
<p>4 Chicken Fried Steak Mashed Potatoes Country Gravy Sweet Corn Wheat Roll Tropical Fruit Salad</p>	<p>5 Bacon Cheeseburger Lettuce, Tomato, Pickle Potato Salad Creamy Coleslaw Cocoa Cola Cake</p>	<p>6 Bone-In BBQ Ribs Twice Baked Potatoes Street Corn on the Cob Texas Toast Brown Sugar Apples</p>	<p>7 Chicken &amp; Dumplings Green Peas Buttery Biscuit Million Dollar Pie</p>	<p>8 Taco Salad Borracho Beans Tortilla Chips Guacamole Sour Cream Sopapilla Cheesecake</p>		
<p>11 Chicken Livers or Chicken Fried Chicken Mashed Potatoes Country Gravy Sweet Corn Wheat Roll Citrus Fruit Cup</p>	<p>12 Great Northern Beans w/Ham Red Roasted Potatoes Cabbage &amp; Carrots Regular or Mexican Cornbread Chocolate Chip Bars</p>	<p>13 Fried Catfish Seasoned French Fries Confetti Coleslaw Hush Puppies Whoopie Cookie</p>	<p>14 Roast Beef Stuffed Baked Potato w/Peppers &amp; Onions Fried Okra Garlic Cheese Biscuit Ambrosia w/Maraschino Cherries</p>	<p>15 Overnight Pork Roast Mashed Potatoes Homemade Gravy Baby Carrots Broccoli Cornbread Spiced Applesauce</p>		
<p>18 Creamy Pork Noodle Bake Roasted Broccoli &amp; Cauliflower Wheat Roll Caramel Brownie</p>	<p>19 Hamburger Steak w/ Peppers &amp; Onions &amp; Mushrooms Mashed Potatoes Brown Gravy Green Beans w/Onion Wheat Roll Chocolate Mousse Tart</p>	<p>20 Vegetable Beef Soup Cheesy Grilled Cheese Side Salad Saltine Crackers Diced Peach Cobbler</p>	<p>21 Baked Pitt Ham Loaded Sweet Potato Black-Eyed-Peas Buttery Cornbread Brown Sugar Pineapple Rings</p>	<p>22 Ritzy Fried Chicken Mashed Potatoes Country Gravy Tuscan Vegetables Wheat Roll Strawberry Shortcake w/Whipped Topping</p>		
<p>25 Sweet &amp; Sour Chicken over Jasmine Rice w/ Homemade Sauce Oriental Vegetables Egg Roll Mandarin Oranges</p>	<p>26 Homemade Beef Stew Seasoned Spinach Buttery Cornbread Thomas Quinn Cake</p>	<p>27 Served @11:30 Scrambled Eggs Biscuit &amp; Gravy or Chocolate Gravy 2 Sausage Patty Hash Brown Patty Donuts Assorted Juice</p>	<p>28 Homemade Chili w/Beans Broccoli Sautee Frito's &amp; Crackers Onions &amp; Cheese Banana Pudding</p>	<p>29 Slow Cooked Beef Tips over Garden Rice w/ Beef Gravy California Vegetables Wheat Roll Blueberry Cream Cheese Bread Pudding</p>		