

"FREE"
BIRTHDAY LUNCH
 For Silver Mustang
MEMBERS ONLY
 During that Month

The Silver Spoon
EHRNFELT SENIOR CENTER

JANUARY LUNCH MENU

The Silver Spoon
Lunch Served at 11:45 am
Cost \$4.00 / \$4.50
 Reservations 24 hrs in advance @ 580-3275
 Coffee, Milk or Water with meal
 DAILY MENU MAY CHANGE WITHOUT NOTICE
 BREAKFAST A LA CARTE . . .
 Mon - Thur ~ 6:30 - 10:00 a.m.
 Fri ~ 8:00 - 10:00 a.m.

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1 CENTER CLOSED HAPPY NEW YEAR!
4 Applesauce Baked Chicken Parmesan Noodles Vegetable Dessert	5 Salad Ham Sweet Potato Vegetable Dessert	6 Soup Rigatoni w/Meat Sauce Vegetable Dessert	7 Salad Chopped Sirloin Baked Potato Vegetable Dessert	8 Coleslaw Lemon Pepper Fish Parslied Potatoes Vegetable Dessert
11 Soup Taco Salad Dessert	12 Salad Eggplant Parmesan Noodles Vegetable Dessert	13 Salad Meat Loaf Mashed Potatoes Vegetable Dessert	14 Salad City Chicken Baked Potato Vegetable Dessert	15 Fruit Cocktail Unstuffed Cabbage Mashed Potatoes Vegetable Dessert
18 Salad Chunky Chicken Bake Noodles Vegetable Dessert	19 *OFFILL LUNCH* Salad Mushroom Pork Chop Mashed Potatoes Mixed Vegetable Blend Dessert **Reservations by 1/14	20 BRUNCH N' A MOVIE 11:30am <i>(Julie & Julia)</i>	21 Salad Nevada Beef Casserole Rice Vegetable Dessert	22 Jell-O Cranberry Chicken Noodles Vegetable Dessert
25 Salad Turkey Tetrizzini Noodles Vegetable Dessert	26 Salad Sirloin Tip Marsala Rice Vegetable Dessert	27 Salad Vegetable Lasagna Dessert	28 Salad Swiss Steak Mashed Potatoes Vegetable Dessert	29 Pasta Salad BBQ Chicken Baked Potato Vegetable Dessert

Lunch on The Avenue

Grab a quick and healthy lunch at the
 Ehrnfelt Recreation & Senior Center

11am ~ 1pm Monday ~ Friday

Fresh Green Salad

Small \$2.00 Large \$3.00

Grilled Chicken Salad

Small \$3.50 Large \$5.00

Italian ~ French ~ Honey Mustard
Light Dressings Available

Daily Soup Special

10 oz Cup ~ \$1.00

Sandwiches Made Fresh Daily

- Peanut Butter and Jelly \$1.50
- Turkey, Lettuce & Tomato \$2.50
- Ham, Lettuce & Tomato \$2.50
- Tuna Salad \$2.50
- Egg Salad \$2.50
- Baked Chips \$.75
- Pretzels \$.75
- Bottled Water \$1.00
- Yogurt \$1.00
- Fruit Cup \$2.00
- Fruit Bowl \$4.00

If you would to place an order for pick-up, please call the Ehrnfelt Senior Kitchen (580-3275 ext. 5266) by 10 am. Orders can be placed a day ahead.

**In order to keep the kitchen efficient,
 if you are unable to make lunch,
 please call 580-3275 by 8am the day
 you are scheduled to come to lunch.**