

Breckenridge Monthly Meal Menu for January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
NSI provides this service through a contract with the DSAAA with funding from the Federal Older Americans Act through the Minnesota Board on Aging.	This meal is prepared in a facility that uses wheat, soy, dairy and nuts. Menu is subject to change.	01) Happy New Year Closed	02) Chicken Strips Pork roast Mashed vegetables Pudding	03) Chili Muffin Fruit Juice Pudding/topping
06) Hamburger gravy Chicken gravy Biscuit Corn Mashed potatoes Rice Krispy bar	07) Meat balls Baked ham Au gratin potatoes Steamed broccoli Lemon cake	08) Chef Salad Spaghetti with meat sauce Wax beans Bread sticks Mandarin oranges	09) Liver N onions Oven fried chicken Mashed potato/gravy Mixed vegetables Blushing pears	10) Kneophla Soup Sandwich Salad Dessert
13) Cheese burger/bun Chicken Melt/bun Baked beans Potato salad Pudding/topping	14) Chicken strips Meatloaf Mashed potato/gravy Baked squash Whipped jell-o	15) Ham Turkey/dressing Mashed potato/gravy Green bean casserole Pumpkin bar	16) Polish Sausage Swedish Meatballs Boiled potato/gravy Carrots Fruit crisp	17) Turkey Rice soup Egg salad Fruit cup Cake
20) Salisbury Steak Country fried steak Mashed potato/gravy Beets Cookie	21) Liver N Onions Creamy chicken breast Baked sweet potato Green beans Spice cake	22) Salmon loaf Roast beef Mashed potato/gravy Carrots Pineapple	23) Chicken Pepper steak Baked potato Creamed corn Chocolate Fluff	24) Bean & ham soup Sandwich Salad Dessert
27) Fish Burger BBQ Parsley potatoes Coleslaw Jell-0/topping	28) Chicken Alfredo Ham Scalloped potatoes Steamed broccoli Pudding/topping	29) Tater tot hot dish Chicken Chow mein White rice Egg roll Mandarin oranges	30) Chicken Strips Tater crust fish Baked potato Creamed peas Lemon Fluff	31) Chicken Noodle Sandwich Fruit Cup Cookie

Meals are served with low fat milk, bread, and margarine
Phone # 218-643-5730