

11:30 Wed., JAN 2 <b>MAKIN' TRACKS</b>	11:30 Wed., JAN 9 <b>MICHAEL JOHNSON</b>	11:30 Wed., JAN 16 <b>MV GEM FIDDLERS</b>	11:30 Wed., JAN 23 <b>JEFF &amp; SANDY</b>	11:30 Every Thur. <b>PAT BLESSIN</b>	12:15 Wed., JAN 31 <b>BOARD CANDIDATES Speak</b>	8:00 am Sat., JAN 12 <b>Breakfast/MARLA GARRETT</b>
<b>JAN 2019</b>	Minimum Daily Serving Size - 2 oz of Meat/Protein, 1/2 cup of cooked/canned fruit and vegetables, or 1 cup fresh fruit and fresh vegetables, 1/3 to 1/2 cup of grains & 1 slice of bread (half to be whole grain), 1 cup of milk or dairy, dessert is an optional - minimum 1 oz serving					<b>JAN 2019</b>
TFSC MEAL COSTS Age 60 & over \$5.00 (suggested donation) Under 60 \$6.00 Under 9 \$3.00 Lunch to Go \$6.00 Cinnamon Roll \$3.00 Coffee \$.50 Soup to Go \$3.00	<i>Bold Italic Salad</i> will go out with <i>Home Delivered Meals (HDM)</i> Daily <i>HDM Meal Drink Choices</i> 2% MILK ORANGE/APPLE JUICE NON FAT CHOCOLATE MILK	Tuesday 2019-01-01 <b>HAPPY NEW YEAR!!</b>	Wednesday 2019-01-02 <b>Potato Bar</b>	Thursday 2019-01-03 <b>Sweet &amp; Sour Pork</b>	Friday 2019-01-04 <b>Beef Tips w/gravy</b>	Saturday 2019-01-05
	Daily <i>CENTER Meal Drink Choices</i> WATER TEA COFFEE MILK	 <b>HDM meals Delivered on Mon, Dec 31st</b>	<b>Spinach Salad</b> Potato Condiments/Relishes Chili Fruit Broccoli w/Cheese Mexican Cornbread Oatmeal Butterscotch Cookie	<b>Pineapple Coleslaw</b> Tropical Pear Salad Asian Rice Fruit Sugar Pea Blend Vegetables Egg Rolls Pineapple Upside Down Cake	<b>Rainbow Rotini Salad</b> Green Salad Mashed Potatoes Fruit Winter Root Vegetables Roll S'mores Ice Box Cake	
Sunday 2019-01-06	Monday 2019-01-07 <b>Baked Ham</b>	Tuesday 2019-01-08 <b>Baked Fish Fillet</b>	Wednesday 2019-01-09 <b>Spaghetti w/meat sauce</b>	Thursday 2019-01-10 <b>Herb Roasted Chicken</b>	Friday 2019-01-11 <b>Beef &amp; Mushrooms</b>	Saturday 2019-01-12 <b>\$8 Fundraising Breakfast</b>
12:00-4:00 DUPLICATE BRIDGE (MPR)	<b>Couscous Cranberry Salad</b> Romaine Salad Au Gratin Potatoes Fruit Green Beans Roll Chocolate Zucchini Cake	<b>Creamy Coleslaw</b> Ribbon Salad Rice Pilaf Fruit Calico Squash Casserole Cranberry Muffin Chocolate Drop Cookie	<b>Caesar Salad w/CROUTONS</b> Cauliflower Salad Spaghetti Noodles Fruit Sauteed Mushrooms Garlic Bread Spice Cake	<b>Ambrosia Salad</b> Green Salad Macaroni & Cheese Fruit Asparagus Blend Vegetables Slice of Wheat Bread Snickerdoodle Cookie	<b>Barley Veggie Salad</b> Parfait Salad Smashed Potatoes Fruit Sunshine Carrots Roll Banana Bar	8:00 -10:00 am <b>Breakfast Frittatas</b> Link Sausage, Ham Potato Casserole Biscuit & Gravy, Eggs Fresh Fruit, Bread Trays Coffee, Milk, & Juice
Sunday 2019-01-13	Monday 2019-01-14 <b>Teriyaki Pork</b>	Tuesday 2019-01-15 <b>Chicken Rice &amp; Dumplings</b>	Wednesday 2019-01-16 <b>Meat Loaf</b>	Thursday 2019-01-17 <b>Tuna Casserole</b>	Friday 2019-01-18 <b>HOT Smoked Turkey</b>	Saturday 2019-01-19
	<b>Oriental Chicken Salad</b> Pineapple & Oranges Asian Rice Fruit Stir Fry Vegetables Egg Roll Mandarin Cupcake	<b>Waldorf Salad</b> Spring Mix Salad Garlic Mashed Potatoes Fruit Peas & Carrots Carrot Pineapple Muffin Tapioca Pudding	<b>Orzo Veggie Salad</b> Jello w/Carrots & Celery Mashed Potatoes & Gravy Fruit Lima Beans Roll Peach Cobbler	<b>Broccoli &amp; Raisin Salad</b> Fruit Salad Noodles Fruit Green Bean Medley Slice of Wheat Bread Chocolate Chip Blondie	<b>Mixed Green Salad w/veggies</b> Cranberry Parfait Salad Stuffing w/gravy Fruit Cauliflower & Broccoli Onion Roll Peanut Butter Bar	11:00 Pioneer Button Club Mtg (CFR)
Sunday 2019-01-20	Monday 2019-01-21 <b>Fried Chicken</b>	Tuesday 2019-01-22 <b>Mediterranean Pork</b>	Wednesday 2019-01-23 <b>Chicken Bacon Alfredo</b>	Thursday 2019-01-24 <b>Beef Enchilada Casserole</b>	Friday 2019-01-25 <b>AuGratin Shepherd's Pie</b>	Saturday 2019-01-26
	<b>Hawaiian Pasta Salad</b> Peach Cottage Salad Au Gratin Cauliflower Fruit Breaded Okra Roll Pumpkin Dessert	<b>Ambrosia w/Acini De Pepe</b> Pickled Beets Potatoes Boulangere' Fruit Stewed Tomatoes Slice of Wheat Bread Lemon Crinkle Cookie	<b>Caesar Salad</b> Cottage Salad w/fruit Fettuccini Noodles Fruit Broccoli Florets Roll Birthday Cake	<b>Southwestern Pasta Salad</b> Pico De Galo Cheesy Refried Beans Fruit Mexi-Corn Tortillas Mexican Chocolate Cake	<b>Rice Spinach Salad</b> Simple Fruit Salad Fruit Glazed Carrots Buttermilk Rosemary Muffin Butterscotch Parfait	
Sunday 2019-01-27	Monday 2019-01-28 <b>Pot Roast</b>	Tuesday 2019-01-29 <b>Cheesy Rice &amp; Ham Casserole</b>	Wednesday 2019-01-30 <b>Chicken Ala King</b>	Thursday 2019-01-31 <b>Chicken Fried Steak</b>	<b>TWIN FALLS SENIOR CENTER</b> <b>208-734-5084</b> 530 SHOSHONE ST. W., TWIN FALLS, ID. 83301 <b>CENTER OFFICE HOURS Mon-Fri 8:00 am to 5:00 pm</b> Website - <a href="http://www.tfseniorcenter.com">www.tfseniorcenter.com</a> Facebook - Twin Falls Senior Center <b>CENTER VOLUNTEERS &amp; DRIVERS NEEDED!!!</b> <b>Call today to get started</b>	
	<b>Bacon Ranch Pasta Salad</b> Shredded Beet & Carrot Salad Mashed Potatoes w/Gravy Fruit Braised Vegetables Roll Pumpkin Spice Sugar Cookie	<b>Pea Salad</b> Green Romaine Salad Rice Fruit Sliced Beets Slice of Wheat Bread Oatmeal Raisin Cookie	<b>Cauliflower Salad</b> Crunchy Veggie Salad Rotini Noodles Fruit Sugar Pea Blend Vegetables Biscuit Pistachio Pudding	<b>Frog Eye Salad</b> Mixed Green Salad Mashed Potatoes w/Country Gravy Fruit Roasted Broccoli Texas Toast Gingerbread Crinkle Cookie		