

FSR—Senior Cafe

ROCHESTER & BYRON

JANUARY 2024

Meals are subject to change

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
|  <p>1</p> | <p>2</p> <p>Chicken ala King Over/Biscuit Seasoned Peas Coleslaw Mixed Fruit Cup</p>  | <p>3</p> <p>Beef Enchilada Casserole Carrots Pear Half/Cranberry Sauce Coconut Custard Square *Diab Cookie</p> | <p>4</p> <p>To reserve a meal, call Family Service Rochester at 507-287-2010</p> | <p>5</p> <p>Make Meal Reservations... By 2pm the day before By 2pm Friday for Monday meal</p> |
| <p>8</p> <p>Salisbury Steak Alt: Liver and Onions Mashed Potato Brussel Sprouts Flavored Ice Cream Diab: Vanilla Ice Cream</p> | <p>9</p> <p>Garlic Season Pork Loin Oven Roasted Potatoes Grn Beans/Mushrooms Baked Apple</p>  <p>BINGO!!</p> | <p>10</p> <p>Chicken Breast Baked Dumpling/Gravy Broccoli Coleslaw Mandarin Orange Dessert *Diab Mandarin Oranges</p> | <p>LOCATIONS 03011</p> <p>Rochester Senior Café FSR-South</p> <p>Byron Senior Café Comm. Ed. Ctr.</p> | <p>12</p> <p>Meals served.... Monday & Tuesday Rochester—11:30</p> <p>Wednesday Byron—12:00</p> |
| <p>15</p> <p>CLOSED <i>I Have A Dream</i>  Martin Luther King, Jr. Day</p> | <p>16</p> <p>Swedish Meatballs Mashed Potatoes/Marg Herbed Green Beans Yogurt Fruit Cup</p>  | <p>17</p> <p>BYRON SENIOR CLUB Taco Casserole Mexican Corn Corn Bread W/Marg Cherry Crunch Dessert W/Whipped Topping *Diab Peaches</p> | <p>18</p> | <p>19</p> <p>BINGO! See schedules below</p> |
| <p>22</p> <p>Baked Chicken Mashed Potatoes/Gravy Broccoli Blushing Pears *Diab Pear Cup</p>  | <p>23</p> <p>Beef Stew Romaine Salad Seafoam Salad Rice Krispie Bar *Diab Cookie BINGO!!</p>  | <p>24</p> <p>BYRON BINGO Veg Beef Barley Soup Crackers Beef or Egg Salad Sand Five Fruit Cup Salad Peanut Butter Brownie *Diab Cookie</p> | <p>25</p> | <p>26</p> <p><u>ROCHESTER</u> <u>BINGO</u> Jan. 9 & Jan. 23 12:30-1:30 pm</p> |
| <p>29</p> <p>Swiss Steak/Tomato Sc Baked Potato Mixed Vegetables Orange/Pear Cup</p>  | <p>Taco Salad 30</p> <p>Sour Cr/Frch Drsg/Salsa Meat Lettuce Tom Wdg Tostado Chips Mex Black Beans Beetnik Cake *Diab Cookie/Bar</p> | <p>31</p> <p>Meat Lasagna Mixed Green Salad Garlic Bread Pineapple Slices Pudding *Diab Mandarin Oranges</p> | | <p><u>BYRON BINGO</u> Jan. 24 1:00-2:00 pm</p> |

May all your troubles last as long as your New Year's Resolutions 😊