

January 2023		POPE COUNTY SENIOR WELLNESS & ACTIVITY CENTER			MENU
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3 Chicken Parmesan over Garlic Herbed Pasta Baked Brussel Sprouts Garlic Roll Spiced Apples	4 Fried Catfish fillet Jo Jo potatoes Coleslaw Hush puppies Cinnamon roll	5 Oven Roasted Turkey Creamy Mashed Potatoes Turkey Gravy Green Beans Wheat Roll Pear Cranberry	6 Great Northern Beans with Ham Baby Baker Potatoes Cabbage and Carrots Buttermilk Cornbread Brownie	
9 Cheeseburger on a Bun Lettuce, Tomato & Pickle Tater Babies Baked Beans Sherbet Cup	10 Chicken Bacon Potato Casserole Broccoli Saute Garlic Roll Rosy Pears	11 Meatloaf Mashed Potatoes Brown Gravy Green beans with onion Wheat Roll Chocolate Cake	12 BBQ Chicken Scalloped Potatoes Green Peas & Carrots Wheat Roll Cookies	13 Spaghetti w/ meatballs Italian Green Beans Parmesan Garlic Roll Tropical Fruit	
16 Chicken Fried Steak Creamy Mashed Potatoes Country Gravy Green Peas Wheat Roll Peaches & Cream	17 BBQ Riblet Homemade Mac & Cheese Okra & Tomatoes Wheat Roll Lemon Pudding	18 Breaded Chicken Breast Creamy Mashed Potatoes Chicken Gravy Tuscan Vegetables Buttery Biscuit Applesauce	19 Smothered Pork Chops Mashed Potatoes Buttered Carrots Wheat Roll Strawberry Shortcake	20 Sweet & Sour Chicken over White Rice Mandarin Vegetables Wheat Roll Mandarin Oranges	
23 Homemade Spaghetti 5 Way Vegetables Garlic Roll Citrus Cup	24 Scrambled Eggs Sausage Patty Hash Brown Patty Buttery Biscuit Country Gravy Orange Juice	Baked Ham Sweet Potato Cass Black eyed peas Corn bread Pumpkin Cake	26 Taco Salad Lettuce, Tomato Guacamole Cheese Dip Ice cream cup	27 Chicken Fried Chicken On bun Lettuce, Tomato Fritos Cole slaw Banana Pudding	
30 Hamburger Steak Creamy Mashed Potato Brown Gravy Garden Vegetables Wheat Roll Peaches and Cherries	31 Polish sausage On bun Saurkraut JoJo Potatoes Mixes veg Apple cobbler			If you are not going to be home please call the center at 479-968-5039	