



# CRSMA SENIOR DINERS' CLUB

## JANUARY 2018

8oz. 2% Milk  
Served with all  
meals

<b>SALAD BAR CLARIFICATION:</b> When the menu states "4oz. Salad w/ 2T Low Fat Dressing" that means salad mix and dressing only on salad bar. All other toppings cost \$1.00 if you choose to add them to your 4oz. salad.		<b>GUEST UNDER 60 YEARS OF AGE</b> \$6.00 COST PER PLATE (NO SALAD BAR) \$7.00 COST PER PLATE + SALAD BAR			<b>FOR PARTICIPANTS 60 YEARS AND OVER</b> SUGGESTED \$3.00 DONATION PER PLATE. SUGGESTED \$1.00 DONATION PER SALAD PLATE.
<b>MONDAY 1, 2018</b> <b>CLOSED</b> 	<b>TUESDAY 2, 2018</b> 3oz Steak Fingers 4oz. Mashed Potatoes 4 oz. Sliced Carrots 1 Ea. Biscuit w/ 1tsp. Margarine 4oz. Tapioca Pudding	<b>WEDNESDAY 3, 2018</b> 1 Chili Relleno 4oz. Pinto Beans 2oz. Spanish Rice 4oz Salad w/ 2T Low Fat Dressing 1Sl. Cheesecake	<b>THURSDAY 4, 2018</b> 1 French Dip Sandwich 4oz. Salad w/ 2T Low Fat Dressing 1 Baked Potato 2oz. Pickles & Onions 4 oz. Cake w/Topping	<b>FRIDAY 5, 2018</b> 3oz. Crunchy Baked Fish 4oz. Wild Rice 4oz. Coleslaw 1sl. Whole Wheat Bread 4oz. Ice Cream	
<b>MONDAY 8, 2018</b> 3 oz. Chicken Strips w/ Gravy 4oz. Mashed Potatoes 4oz. Peas & Carrots 1Dinner Roll w/ 1tsp. Margarine 4oz. Mandarin Oranges	<b>TUESDAY 9, 2018</b> 1sq. Beef Lasagna 4oz. Green Beans 4oz. Salad w/ 2T Low Fat Dressing 1Sl. Garlic Bread 1 Cookie	<b>WEDNESDAY 10, 2018</b> 3 oz. Sausage Link 4 oz. Potato Salad 4 oz. Ranch Style Beans 1Dinner Roll w/ 1tsp. Margarine 4oz. Apple Crisp	<b>THURSDAY 11, 2018</b> 1 Chicken Sandwich 1oz. Lettuce, 1oz. Tomato, 1 slice Cheese 4 oz. Kidney Bean Salad 4 oz. French Fries 4 oz. Fruit Yogurt	<b>FRIDAY 12, 2018</b> 6oz. Vegetable Beef Soup 4oz. Salad w/ 2T Low Fat Dressing 1/2 Sandwich 4oz. Cake w/Topping	
<b>MONDAY 15, 2018</b> <b>CLOSED</b> 	<b>TUESDAY 16, 2018</b> 4oz. Country Fried Steak 4oz. Mashed Potatoes w/ Gravy 4oz. California Vegetables 1Dinner Roll w/ 1tsp. Margarine 1 Cookie	<b>WEDNESDAY 17, 2018</b> 3oz. Country Ham 4oz. Scalloped Potatoes 4oz. Broccoli 1Sl. Cornbread 4oz. Fruit	<b>THURSDAY 18, 2018</b> 4 oz. Frito Pie 2 oz. Lettuce/ 2 oz. Tomato 1 oz. Onion/ .25 oz. Cheese 4 oz. Mixed Vegetables 4oz. Bananas & Strawberries	<b>FRIDAY 19, 2018</b> 3oz. Teriyaki Chicken 1 Baked Potato 4oz. Salad w/ 2T Low Fat Dressing 1 Ea. Biscuit 4oz. Pineapple Pudding	

<b>MONDAY 22, 2018</b> 6oz. Spaghetti w/Meat Sauce 4oz. Salad w/ 2T Low Fat Dressing 4oz. Peas & Carrots 1Dinner Roll w/ 1tsp. Margarine 4oz. Cake w/ Topping	<b>TUESDAY 23, 2018</b> 6oz Chipotle Soup w/ 1oz. Corn Chips 1 Baked Potato w/ tsp. Margarine 4oz Salad w/ 2T Low Fat Dressing 4oz. Brownie	<b>WEDNESDAY 24, 2018</b> 3oz. BBQ Ribs 4oz. Pasta Salad 4oz. Baked Beans 1Dinner Roll w/ 1tsp. Margarine 4oz. Fruit Yogurt	<b>THURSDAY 25, 2018</b> 4oz. Chicken Fried Chicken w/Gravy 4oz. Mashed Potatoes 4oz. Salad w/ 2T Low Fat Dressing 1Dinner Roll w/ 1tsp. Margarine 4oz. AppleSauce	<b>FRIDAY 26, 2018</b> 1 Green Chile Cheese Hamburger 1oz. Lettuce, Tomato & Onions 4oz. Curly Fries 4oz. Baked Beans 4 oz. Ice Cream
<b>MONDAY 29, 2018</b> 3oz. Hamburger Steak 4oz. Au Gratin Potatoes 4oz. Green Beans 1Dinner Roll w/ 1tsp. Margarine 4oz. Pudding	<b>TUESDAY 30, 2018</b> 1 Chicken Enchilada 4oz. Green Chile Cream Corn 2Tbsp Salsa 4oz. Pinto Beans 2ct Saltine Crackers 4oz. Fresh Fruit	<b>WEDNESDAY 31, 2018</b> 4oz. Meatloaf 4oz. Mashed Potatoes 4oz. Diced Carrots 1Dinner Roll w/ 1tsp. Margarine 4oz. Oreo Pudding		

**MAY THE NEW YEAR BRING JOY, PEACE  
AND HAPPINESS TO YOU AND YOUR  
ENTIRE FAMILY.**

**HAPPY NEW YEARS!**

**CRSMA STAFF**



**Board Meeting**  
January 18, 2018  
Time: 1:30 p.m.  
Location: CRSMA  
**EVERYONE IS WELCOME!!!**

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