


Greater Wakefield Resource Center Congregate meal program for the 60+ population

DINE IN BEGINS 11:45 /12:00		<h1 style="margin: 0;">JANUARY 2025</h1> MENU					
Please call by 10 A.M. To reserve your meal		DONATIONS TO SUPPORT THIS PROGRAM ARE APPRECIATED					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
FUNCTION HALL AVAILABLE – have your event here!!			1 	2 Bingo starts at 10 Meatloaf Mashed Potatoes Gravy Peas Carrots Dinner Roll Dessert	3	PLEASE REMEMBER WE DO EVERYTHING TO PROVIDE THE MENU AS ADVERTISED. BUT OCCASIONALLY	
Milk and Fresh Fruit is offered with every meal to all of our customers.	6 Bingo starts at 10 Cheese Ravioli with meat sauce Tossed salad, garlic bread Dessert	7	8 Baked Stuffed Sole With Cream Sauce Baked Potato Green Beans Dinner Roll Dessert	9 Bingo starts at 10 Chicken Cordon Blue Rice Pilaf Broccoli Dinner Roll Dessert	10	CHANGES HAVE TO BE MADE. THANK YOU FOR YOUR UNDERSTANDING	
WHEN THE PAUL SCHOOL IN WAKEFIELD IS CLOSED OR DELAYED	13 Bingo starts at 10 2 hotdogs on grilled rolls Macaroni salad Tossed salad Dessert	14	15 Hamburger w/lettuce, tom, onion Carrot & raisin salad Chips dessert	16 Bingo starts at 10 Roast pork w/gravy Oven roasted potatoes Butternut squash Roll Dessert	17	REMEMBER YOUR DAILY NUTRITIONAL REQUIREMENT 	
THE GREATER WAKEFIELD RESOURCE CENTER IS ALSO CLOSED	20 	21	22 Chicken Croquettes Mashed Potatoes Carrots Dinner Roll Dessert	23 Bingo starts at 10 Lasagna with Meatsauce Small Salad Garlic Bread Dessert	24	GRAINS: 6 servings PROTEIN: 6 ounces DAIRY: 2 to 3 cups	
	27 Bingo starts at 10 Buttermilk Fried Chicken Sandwich Lettuce, Tomato. Mayo Tater Tots 3 Bean Salad Dessert	28	29 Mac and Cheese with Ham Baked Beans Cole Slaw Cornbread Dessert	30 Bingo starts at 10 French dip sandwich w/au jus Small salad dessert	31	VEGGIES: 2.5 cups FRUIT 2 to 2.5 cups OILS: 2 teaspoons LIMIT FOODS HIGH IN SUGAR AND FAT	

603-473-8324 [Our Website](http://Greaterwakefieldresourcecenter.net) Greaterwakefieldresourcecenter.net Hours of operation: Monday through Friday 9-2

P.O. BOX 96 254 Main Street Union, NH 03887