

Please be sure to make a reservation by calling **719-884-2304** or go to **www.silverkey.org/connections-cafe-reservations** by **2PM** the day before you expect to eat.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk is provided with every meal.</p> <p>Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.</p>  <p>Pikes Peak Area Council of Governments Communities Working Together</p>		<p>1</p> <p>Closed for New Years Day</p>	<p>2</p> <p>BBQ Turkey Sweet Potato Fries Green Beans Tossed Salad w/ Dressing Orange</p>	<p>3</p> <p>Beef Burrito/ Green Enchilada sauce SW Black Beans Spanish Rice Mandarin Oranges Raisin Nut Cup</p>
<p>6</p> <p>Riblettes Baked Beans Potato Salad Applesauce</p>	<p>7</p> <p>Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Diced Pear</p>	<p>8</p> <p>Pork Chow Mein Brown Rice Winter Blend Vegetables WW Roll Pear</p>	<p>9</p> <p>Honey Curry Chicken Wild & Brown Rice Peas & Carrots Broccoli Slaw Apple Spice Cake</p>	<p>10</p> <p>Salmon w/ Lemon & Dill Roasted Sweet Potatoes Broccoli Banana WW Choc. Chip M&M Cookie</p>
<p>13</p> <p>Chicken Cordon Bleu Roasted Sweet Potatoes Mixed Vegetables WW Roll Mandarin Orange</p>	<p>14</p> <p>Turkey Salad Sandwich on Croissant Minestrone Soup Broccoli Sunflower Salad Apple</p>	<p>15</p> <p>Baked Citrus Tilapia Lemon Herb Rice Peas & Carrots Strawberries Roll</p>	<p>16</p> <p>Chicken Stir Fry Peas Brown Rice Asian Cabbage Slaw Apple</p>	<p>17</p> <p>Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa Spiced Pinto Beans Applesauce</p>
<p>20</p> <p>Closed for Martin Luther King Day</p>	<p>21</p> <p>Lemon Pepper Cod Brown Rice Pilaf Peas 3 Bean Salad Mandarin Orange</p>	<p>22</p> <p>Ham Salad on WW Bread Cream of Mushroom Soup Spinach Mandarin Salad Strawberries</p>	<p>23</p> <p>Chicken al a King Jasmine Rice Green Beans Carrot Raisin Salad Apple</p>	<p>24</p> <p>Meatball Sub Vegetable Soup Cauliflower Orange</p>
<p>27</p> <p>Breaded Chicken Sandwich w/ Lettuce & Tomato California Blend Vegetables Salad w/ Raspberry Vinaigrette Pear</p>	<p>28</p> <p>Beef Bourguignon Mashed Potatoes Broccoli Roll Strawberries</p>	<p>29</p> <p>BBQ Chicken Baked Potato Soup Peas & Carrots 3 Bean Salad Apple</p>	<p>30</p> <p>Baked Ziti w/ Sausage & Marinara Bahama Vegetables Caesar Salad Orange Raisin Nut Cup</p>	<p>31</p> <p>Pico Lime Cod Lemon Herb Rice Carrots Coleslaw Banana</p>