




# Banner Olive Branch Senior Center MENU | January 2025

## All Meals are now Low Sodium and Prepared Fresh Daily in our Kitchen.

Thank you to our partner





**\*Fruit & milk provided with all meals. Side soup M/W/F; Side Salad T/Th**

MON	TUE	WED	THU	FRI
<p><b>LUNCH - \$5</b> (Suggested donation for age 60 &amp; older) <b>11am - 12pm</b></p> <p><b>GUEST LUNCH - \$5</b> (Under age 60)</p>	<p><b>BREAKFAST - \$5</b> 6:30 - 8:30am</p> <p><b>TO-GO MEAL - \$5</b> 11am - 12pm</p> <p><b>BROWN BAG LUNCH - \$5</b> (Sandwich, Chips, Fruit)</p>	<p>1 <b>CLOSED</b></p> <p><i>Happy New Year</i></p>	<p>2 <b>Shrimp Stew with Brown Rice, Bell Peppers, Celery and Tomatoes, Caribbean Mix Vegetables</b></p> 	<p>3 <b>Fall Mixed Green Salad with Chicken, Cranberries, Feta, Pumpkin Seeds, and Sweet Potatoes, Roll</b></p> 
<p>6 <b>Braised Pork with Herbed Mashed Potatoes, Carrots, Roll</b></p> 	<p>7 <b>Chicken and Spinach Alfredo Pasta with Peas and Key Biscayne Vegetables</b></p> 	<p>8 <b>Hot Italian Beef Sandwich with Peppers and Onions, Cauliflower, Potato and Bell Pepper Blend</b></p> 	<p>9 <b>White Fish in Tomatoes, California Blend Vegetables, Edamame, Lemon-Herbed Quinoa</b></p> 	<p>10 <b>Beef &amp; Macaroni, Succotash, Scandinavian Blend Vegetables</b></p> 
<p>13 <b>Garlic Butter Salmon with Asparagus, Carrots, Brown Rice Pilaf</b></p> 	<p>14 <b>Beef Stew with White Beans, Carrots, Onions, Celery and Spinach, Bermuda Mix Vegetables, Peas, Corn Bread</b></p> 	<p>15 <b>Roasted Chicken Drumstick, Normandy Blend Vegetables, Potatoes Au Gratin, Roll</b></p> 	<p>16 <b>Green Chili Pork Stew with Hominy Tomatillos, Carrots, Celery &amp; Onion, Pinto Beans and Bell Pepper, Roll</b></p> 	<p>17 <b>Clams in Red Sauce over Pasta, Italian Style Mixed Vegetables, Spinach</b></p> 
<p>20 <b>Beef Patty with Onion Gravy, Mashed Potatoes, Peas, Carrots, Roll</b></p> 	<p>21 <b>Buffalo Chicken Sandwich, 5-Way Blend Vegetables, Potato Wedges</b></p> 	<p>22 <b>Citrus Pork Roast with Zucchini, Black Beans &amp; Peppers, Brown Rice</b></p> 	<p>23 <b>Pasta with Beef Meat Sauce, Italian Mix Vegetables, Spinach</b></p> 	<p>24 <b>Shrimp Sauté with Potatoes, Corn, Peppers, Green Beans, Mixed Vegetables, Roll</b></p> 
<p>27 <b>Chicken &amp; Noodles over Mashed Potatoes, Brussel Sprouts</b></p> 	<p>28 <b>Mediterranean Style Pork Roast with Fresh Tomatoes, Peppers, Carrots, Celery, and Lemon, Caribbean Mix Vegetables, Brown Rice</b></p> 	<p>29 <b>Beef with Onions, Sweet Potatoes, Steamed Broccoli, Roll</b></p> 	<p>30 <b>Pork &amp; Cabbage, Roasted Potatoes, Cape Cod Blend Vegetables, Roll</b></p> 	<p>31 <b>Chicken Salad Sandwich, Tomato, Spinach, Lemon Herb Macaroni Salad, Croissant</b></p> 

\*The photos on our menu represent the food served and may not match the meal exactly.

# January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SPECIAL EVENTS
9:00 - 2:00 Open Computer Lab	9:00 - 2:00 Open Computer Lab	9:00 - 2:00 Open Computer Lab	9:00 - 2:00 Open Computer Lab	9:00 - 10:30 Technology Q&A*	<p><b>Thursday, January 16</b>  <b>10:00 - 11:00</b>  <b>Scams &amp; Online Safety - Let's Be Scam Savvy!</b>            with Sun Health Experts</p> <p><i>Join Nancy Juarez from the State Attorney General's Office will present information on how to protect yourself from fraud, warning signs it might be a scam, and common scams to look out for.</i></p> <p><b>January 8   9:30 - 11:00</b>  <b>January 15   12:00 - 1:30</b>  <b>Introduction to Small Group Grief Support</b>            with Shea Darian</p> <p><i>Experience Healing Circles for those experiencing loss due to death, broken relationships, illness, aging, isolation, immobility and more.</i></p> <hr/> <p><b>Room Key</b></p> <ul style="list-style-type: none"> <li><span style="color: #4682B4;">●</span> Exercise Room - 2nd Floor</li> <li><span style="color: #32CD32;">●</span> Movie Room - 2nd Floor</li> <li><span style="color: #FFD700;">●</span> Dining Room - 1st Floor</li> <li><span style="color: #A9A9A9;">●</span> Computer Lab - 2nd Floor</li> <li><span style="color: #FF8C00;">●</span> Conference Rm - 2nd Floor</li> </ul>
<b>ACTIVITIES WITH ASTERISK * REQUIRE SIGN-UP 623-465-6000</b>	9:30 - 11:00 One on One Cell Phone Support* Sunrise Mtn H.S. Students Once a month Tuesday 1/14	9:30 - 11:00 Intro to Small Group Grief Support* Wednesday 1/8		1/3: Online Safety 1/10: Transportation Resources 1/17: Microsoft Word 1/24: Video Chatting 1/31: Internet Searching	
	10:00 - 11:30 Monday Menders	10:00 - 10:45 Exercise	10:00 - 10:45 BINGO	10:00 - 10:45 Chair Yoga* Every 1st & 3rd Thursday 1/2, 1/16	
		10:00 - 11:30 Preserving Mobility* John Tuitele   Banner Health Wednesday 1/8, 1/15	10:00 - 10:45 Virtual Travel Club* Once a month Thursday 1/9 Russia		
12:00 - 1:30 Low Vision Social Group Every 4th Monday 1/27	12:00 - 1:30 Intro to Small Group Grief Support* Tuesday 1/21	 <b>CENTER CLOSED January 1</b>	<b>SPECIAL EVENT</b> 10:00 - 11:00 Scams & Online Safety* Thursday 1/16	12:00 - 2:00 Matter of Balance* Dr. Bordenave A.T. Still University Friday 1/17, 1/24, 1/31	
			1:00 - 2:30 Line Dance		
1:00 - 2:30 Line Dance		1:00 - 2:30 Line Dance			