

## **COSTICK CAFE DINE-IN MEAL PROGRAM**

Beginning January 3, 2023, we will no longer be able to offer the Congregate Carryout Meal option, per the end of the Major Disaster Declaration and Public Health Emergency issued by The Administration for Community Living and the Bureau of Aging.

We will be moving the Congregate Dining program to Shannon Hall with full-service dining in returning (all meals must be eaten on the premises). Some key points:

You will still need to preregister by 11 a.m. the day before to reserve your meal. No walk ins.

We will not be offering the deli/salad bar at this time

Service will be from 12 – 12:30 p.m.

We have been pleased that we were able to offer this unique service during the past 2 ½ years. We have enjoyed meeting new participants and hope that some of you will decide to come and share a meal together in Shannon Hall.

Meals must be reserved at least one day in advance by 11 a.m. (ex. If you would like a meal on Monday, January 9 you need to reserve by Friday, January 6 at 11 a.m.) Save a phone call. Order all your meals for several days or the month in advance.

**All meals must be reserved in advance.**

### **Reserve your meal by calling 248-473-1830.**

- Meals are available **only from 12 – 12:30 p.m. in Shannon Hall**
- No exceptions to posted meal.
- Donation age 60+ \$2.75, under 60 \$5.00.

#### **Procedure upon arriving at the Costick Center:**

- Enter the Costick Center at door A.
- Swipe i.d. card at registration desk, proceed to Shannon Hall.
- Sign in for lunch and pick up envelope for donation.
- Place donation envelope in box and pick up lunch.
- **The congregate meal is plated for you to eat in Shannon Hall. No carry-out.**
- **January 6 & 18 lunch will be served in Conway Hall/Meals-On-Wheels area.**

Nutrition services are funded through Title III, Older Americans Act Funds & distributed through the Area Agency on Aging 1-B and the Office of Aging and Adult Services Agency. Complies with terms and regulations of Title V of Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employee program.

## COSTICK DINE-IN MEAL PROGRAM

# January 2023 Menu

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	
<b>1</b>  <b>Center Closed</b>		<b>3</b> Florentine Fish & Rice, Broccoli with Cranberries, Coleslaw, Tangerine	<b>4</b> Baked Ham with Pineapple, Potatoes Au Gratin, Normandy Blend Vegetables, Banana	<b>5</b> Italian Chicken Parmesan, Penne Pasta, Italian Blend Vegetables, Pear	<b>6</b> Spanish Cheese Omelet, Sweet Potato Souffle, Roasted Brussel Sprouts, Red Grapes <i>Lunch in Conway</i>	<b>7</b>	
<b>8</b>	<b>9</b> BBQ Pork Sandwich, Roasted Red Skins, California Blend Vegetables, Tangerine	<b>10</b> Chicken Alfredo Lasagna, Rivera Vegetable Blend, Beet & Feta Salad, Orange	<b>11</b> Chicken Drumstick, Roasted Butternut Squash, Capri Blend Vegetables, Applesauce	<b>12</b> Pollock Almondine, Vegetable Rice, Oriental Blend Vegetables, Garden Salad, Grapes	<b>13</b> German Beef Stroganoff, Egg Noodles, Scandinavian Blend Vegetables, Pineapple & Cherries	<b>14</b>	
<b>15</b>	<b>16</b> Martin Luther King Day <b>Center Closed</b>	<b>17</b> Baked Macaroni & Cheese, Stewed Tomatoes, Zucchini, Banana	<b>18</b> Turkey Breast, Mashed Potatoes, Venetian Vegetable Blend, Tropical Fruit <i>Lunch in Conway</i>	<b>19</b> Chicken Vegetable Stew, Garden Salad, Baked Sliced Apple	<b>20</b> Crispy Fish Sandwich, Roasted Sweet Potatoes, Spinach, Cole Slaw, Fresh Fruit	<b>21</b>	
<b>22</b>	<b>23</b> Chicken Cutlet with Gravy, Mashed Potatoes, Capri Blend Vegetables, Tropical Fruit	<b>24</b> General Tso Chicken, Vegetable Fried Rice, Asian Vegetable Blend, Mandarin Oranges	<b>25</b> Pub Cheeseburger, Vegetarian Baked beans, Northwest Blend Vegetables, Green Grapes	<b>26</b> Cheese Manicotti Marinara, Italian Green Beans, Garden Salad, Fresh Pear	<b>27</b> Seasoned Chicken Breast, Cheesy Potatoes, Normandy Blend Vegetables, Apple	<b>28</b>	
<b>29</b>	<b>30</b> Mediterranean Seasoned Chicken Breast, Vegetable Pasta Blend, Red Cabbage, Pineapple & Cherries	<b>31</b> Garlic Ginger Beef Stir Fry, Asian Vegetable Blend, Brown Rice, Fortune Cookie, Apricots	<b>Lunch will be served in Shannon Hall.</b> <b>* Highlighted dates, lunch will be served in Conway Hall.</b>				

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