



ENCORE CAFE

January 2019

Mon.	Wed.	Thu.	Fri.
	2 Lowe Park Mango Tilapia Swiss Steak Wild Rice Green Beans	3 Lowe Park Shredded Roast Beef Shredded Pork Mashed Potatoes Candied Carrots Wheat Roll	4 Marion Library Grilled Chicken & Veg. Goulash Steamed Green Beans Breadstick
7 Marion Library Taco Bar Beef/Chicken Spanish Rice Topping Bar	9 Lowe Park Roast Turkey Roast Pork Loin Roasted Potatoes Steamed Broccoli	10 Lowe Park. Baked Chicken (bone-in) Lemon Pepper Cod White Mac & Cheese Steamed Corn	11 Marion Library Meatloaf Chicken Noodle Casserole Mashed Potatoes Steamed Carrots
14 Marion Library Beef & Broccoli Sweet/Sour Chicken Fried Rice Chicken Egg Roll Monthly Birthday Party	16 Lowe Park Baked Potato Bar Chili/Pulled Chicken Topping Bar Steamed Broccoli	17 Lowe Park Tuna Noodle Casserole Tater Tot Casserole Steamed Green Beans	18 Marion Library Shredded Roast Beef Roast Pork Loin Roasted Baby Potatoes Steamed Corn
21 Marion Library Roast Pork Loin Baked Chicken Breast w/ veg. Roasted Gold Potatoes California Blend Veg.	23 Lowe Park Roast Beef Baked Chicken Strips Cheesy Potatoes Green Beans	24 Lowe Park Buttered Lemon Pepper Salmon Sweet Chili Chicken White Mac & Cheese Cole slaw	25 Marion Library Lasagna Chicken Alfredo Breadstick Fresh Cut Fruit
28 Marion Library Baked Tilapia Chicken Noodle Casserole Roasted Baby Potatoes Candied Carrots	30 Lowe Park Herbed Baked Cod Tater Tot Casserole Cheesy Potatoes Steamed Broccoli	31 Lowe Park Shredded Roast Beef w/ Veg. Roast Pork Loin w/Veg. White Mac & Cheese Fresh Fruit	Nutrition Information: Includes information based on selecting all offered sides with the specific entrée mg sodium/grams of carbs 🧂 = more than 800mg of sodium

Notes

Meals also include salad bar and milk/coffee

Reservations:

Marion Public Library: 319-377-3412 **Online:** tinyurl.com/y9hh4b8y

The Heritage Agency: 319-398-5559

Those with advanced reservations will be served first.

Those without reservations will be served beginning at 12:15pm