



Cabarrus January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/1/2025 Closed	1/2/2025 Orange Chicken Breast Brown Rice Mixed Vegetables Dinner Roll Pineapple Tidbits Milk Margarine	1/3/2025 Sliced Ham Swiss Cheese Lettuce/Tomato Potato Salad Wheat Bread (2) Grape Juice Milk Mustard/Mayonnaise
		1/6/2025 Chicken Breast w/ Onion Gravy Rice Pilaf Green Peas Dinner Roll Cranberry Applesauce Milk Margarine	1/7/2025 Turkey Chili Chuckwagon Corn Glazed Carrots Cornbread Baked Cookie Milk Margarine	1/8/2025 Sliced Ham American Cheese Lettuce & Tomato Kidney Bean Salad Wheat Bread (2) Mandarin Oranges Milk Mustard/Mayonnaise
1/13/2025 Chicken Breast w/ Tomato Basil Sauce Garlic Red Pepper Penne Brussels Sprouts Dinner Roll Grape Juice Milk Margarine	1/14/2025 Beef/Turkey Taco Meat Spanish Rice Fiesta Vegetables Flour Tortilla Mandarin Oranges Milk Taco Sauce Sour Cream	1/15/2025 Pinto Beans Macaroni & Cheese Mixed Greens Cornbread Applesauce Milk Margarine Vinegar	1/16/2025 Swiss Steak w/Gravy Whipped Potatoes Corn Dinner Roll Pineapple Tidbits Milk Margarine	1/17/2025 Chicken Chef Salad Macaroni Salad Broccoli Raisin Salad Dinner Roll Fresh Banana Milk Margarine Ranch Dressing (2)
1/20/2025 Closed	1/21/2025 Baked Chicken Thigh Parslied Rice Glazed Carrots Dinner Roll Fresh Fruit Milk Margarine	1/22/2025 Beef/Turkey Spaghetti Bake Green Peas Tossed Salad Dinner Roll Grape Juice Milk Margarine Italian/Ranch Dressing	1/23/2025 Glazed Ham Rice Pilaf Cabbage Dinner Roll Tropical Fruit Milk Margarine	1/24/2025 Sliced Turkey Breast Swiss Cheese Pasta Salad Cucumber Salad White Bread (2) Fresh Banana Milk Mustard/Mayonnaise
1/27/2025 Beef Patty Whipped Potatoes Mixed Vegetables Hamburger Bun Tropical Fruit Milk Ketchup	1/28/2025 Chicken Fajita Brown Rice Mixed Beans Flour Tortilla Pineapple Tidbits Milk Sour Cream	1/29/2025 BBQ Pork Macaroni & Cheese Coleslaw Dinner Roll Hot Applesauce Milk Margarine	1/30/2025 Chicken Parmesan Bow Tie Pasta Green Beans Dinner Roll Orange Juice Milk Margarine	1/31/2025 Hot Dog Vegetarian Baked Beans Tossed Salad Hot Dog Bun Mixed Fruit Cobbler Milk Italian/Ranch Dressing Ketchup/Mustard

Program Director

Juliana Standen MS, RD, LD

Dietitian

AAA Administrator

Date

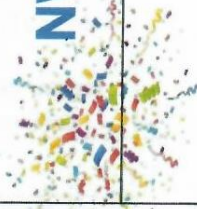

Date

Date

Northwest Cabarrus LunchPlus Club
at Bethpage Presbyterian Church
6020 Mooresville Road, Kannapolis, NC 28081
www.bethpagechurch.org

Please call 704-794-7239 by Noon
the day before you wish to attend.

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2>NW Cabarrus LunchPlus Club</h2>				
				
6 11:00 Stress Doochickies and Thingamabobs presented by Mental Health America of Central Carolinas 11:30 National Chocolate Covered Cherry Day (treat)	7 10:30 National Bird Day (trivia)	1 Closed New Year's Day	2 11:00 New Year's Resolutions	3 10:00 Bingo
13 10:00 Snowflake Craft 11:00 "Happy New You" presented by NCBAM	14 9:00 – 1:00 National Hat Day (wear your favorite hat)	8 10:30 Chair Tai Chi Exercise 11:45 Current State of the Real Estate Market in my Neighborhood, presented by Vanessa Miles w/Allen Tate	9 11:00 National Winter Skin Day (treat)	10 10:00 Bingo
20 Closed Martin Luther King, Jr. Day	21 11:00 National Fig Newton Day (treat)	15 10:30 Chair Tai Chi Exercise 10:30 Bingo (bring a prize)	16 11:00 MLK Day (puzzle)	17 10:00 Bingo
27 The Price Is Right Game	28 10:30 National Hot Chocolate Day (Hot Chocolate Bar) 11:00 Blood Pressure Screening by CabCo EMS	22 10:30 Chair Tai Chi Exercise 10:30 Family Feud Game	23 11:00 Cabarrus County Library	24 10:00 Bingo
27 The Price Is Right Game	28 10:30 National Hot Chocolate Day (Hot Chocolate Bar) 11:00 Blood Pressure Screening by CabCo EMS	29 10:30 Chair Tai Chi Exercise	30 11:45 January Birthday Celebration	31 10:00 Bingo

***Programs are subject to change. ***