

JANUARY 2021 FEAST MEALS

RESERVATIONS: 262-6288 OR FEAST@MONTPELIER-VT.ORG



FEAST To-Go Curbside Pickup Tuesdays and Fridays, 12-12:30pm

Seniors 60+: No charge with completed Nutritional Survey. Suggested donation of \$5-\$10

Under 60 or FEAST To Go: \$7

All proceeds benefit the FEAST senior meal program, which is subsidized by CVCOA, Older Americans Act funding and MSAC. Actual cost per meal is approximately \$10.00.

Menus subject to change. Call ahead for Vegetarian Option.

MILK & DESSERT OFFERED AT EACH MEAL

Vegetarian option available by advance request

MEALS WILL BE AVAILABLE for CURBSIDE PICKUP at the Side Door of MSAC: 58 Barre Street from 12:00 to 12:30

Tuesday, January 5: Seared Salmon with Hollandaise, Spinach, Pasta Pesto and dessert

Friday, January 8: Hungarian Chicken and Mushrooms, Polenta, Squash and dessert

Tuesday, January 12: Meat Loaf, Potatoes, Beets, Snow Peas and dessert

Friday, January 15: Lasagna, Garlic Bread, Brussels Sprouts, Squash and dessert

Tuesday, January 19: Slow Roasted Pork and Gravy, Baked Sweet and Russet Potatoes, Braised Red Cabbage and dessert

Friday, January 22: Beef Shepherd's Pie, Mashed Potatoes, Sweet Potatoes, Brussels Sprouts and dessert

Tuesday, January 25: Roast Beef au jus with Horseradish Sauce, Rissole Potatoes, Mashed Squash, Spinach and dessert

Friday, January 29: Potato Leek Soup with Quinoa Salad, Zesty Black Beans, Mixed Green Salad and dessert