

January 2023 Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Happy New Years No Meals Served	3 1pc Pork Ribeye 2oz BBQ sauce ½ cup Mashed Butternut ½ cup Corn 1pc Burger Bun ½ cup Applesauce No Margarine	4 Steak Fajita 3oz Pull apart Beef Steak 2oz peppers & onions ½ cup Black Beans ½ cup Warm Rice Pudding ½ cup Latin Slaw 1pc Tortilla 1pc Sour Cream No Margarine	5 Chicken Marsala 1pc Grilled Chicken 2oz Marsala Sauce ½ cup Parmesan Risotto ½ cup Zucchini Congregate: Garden Salad to replace Zucchini 1pc Cookie 1pc Oat Bread	6 Two Compartment 7oz Ground Turkey & Sweet Potato Chili (tomatoes & chickpeas) ½ cup Green Beans 1pc Cornbread ½ cup Peaches
9 3 oz Stuffed Chicken (Cordon Bleu with Ham) 2 oz Supreme sauce ½ cup Rice Pilaf ½ cup Broccoli 1 slice MG bread ½ cup Mixed Fruit	10 Two Compartment 2 pc Stuffed Shells 4 oz Marinara Sauce 1/2c Cauliflounder & Green Beans 1pc Vienna Bread ½ cup Pears 1pc Parmesan	11 Fish Sandwich 3oz Breaded Pollock ½ cup whipped potato ½ cup Peas 1pc WW Burger Bun 1pc Fresh Fruit 1pc tarter sauce No Margarine	12 Two Compartment 4oz Lentil Stew on top of 4oz Brown Rice ½ cup Capri Blend Veg 1pc Dinner Roll ½ cup Vanilla Pudding Congregate: Tzatziki Sauce	13 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Berry Crisp ½ cup Garden Salad 1pc Oat Bread 1pc Dressing
16 MLK Day No Meals Served	17 1pc Breaded Chicken 2oz Country Gravy ½ cup Mashed Sweet Potatoes ½ cup Green Beans 1pc Biscuit ½ cup Mandarins	18 3 oz Yankee Pot Roast 2 oz Au Jus ½ cup Beets ½ cup Scalloped Potatoes 1pc WW Bread ½ cup Gelatin	19 Special: 3pc Chicken Dumplings 4oz Vegetable Fried Rice 4oz Sesame Ginger Broccoli & Peppers 1pc upside pineapple cake 1pc fortune cookie 1pc Dinner Roll 1pc Sweet n'sour sauce	20 Two Compartment 3oz Ravioli 4 oz Garlic Cream Sauce ½ c Zucchini & Summer Squash Congregate: Caesar Salad to replace squash mix 1 pc Oat Bread ½ cup Peaches 1pc parmesan
23 1pc Frittata (Broccoli & Cheese) ½ cup Ratatouille 1pc Roasted Potatoes 1pc Muffin 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup	24 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Apples ½ cup coleslaw 1 WW Hot dog roll 1pc Mustard 1pc Relish	25 Two Compartment Chicken Broccoli Alfredo 1pc Grilled Chicken 4oz Alfredo Sauce on top of ½ cup Pasta ½ cup broccoli 1pc Garlic Roll 1pc Parm cheese ½ cup Mixed Fruit	26 Birthday 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc WW Dinner Roll 1pc Cupcake 1pc Cranberry Sauce (if available)	27 Cold: 3oz Tuna Fish ½ cup Spinach Salad w/cranberries ½ cup Mexican Street Corn Salad 1/2 WW Pita Bread 1pc Salad Dressing (raspberry vin) 1pc Fresh Fruit No Margarine
30 Meatball Sub 3pc Meatballs ½ cup Marinara ½ cup Pasta with Sauce ½ cup Creamed Spinach 1pc Sub Roll ½ cup Pears No Margarine	31 4pc Breaded Chicken Bites ½ cup Peas ½ cup Mac & Cheese 1pc WW Dinner Roll ½ cup Fruit Whip 1pc Honey Mustard			