

January 2022 Menu subject to change due to product availability. 1% milk served with meal

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b> Roast Turkey & Gravy Baked Sweet Potatoes Mixed Vegetables Bread Stuffing Chef's Fruit	<b>4</b> Spaghetti & Meatball Marinara Mixed Salad Greens Multi Grain Bread Warm Peach Cobbler Fruit Cup *low sodium meat sauce	<b>5</b> Shaved Pork w/ Mediterranean Sauce Scalloped Potatoes Brussels Sprouts Multi-Grain Bread Apple Sauce	<b>6</b> Baked Chicken & Gravy Mashed Potatoes Cauliflower & Red Pepper Wheat Bread Mandarin Oranges Chef's Choice	<b>7</b> Citrus Alaskan Pollock Vegetable Rice Pilaf Country Blend Vegetables Multi Grain Dinner Roll Chickpea Salad Fresh Melon
<b>10</b> Hot Roast Beef Sandwich Mashed Potatoes & Gravy Peas and Carrots Whole Wheat Bread Fresh Orange	<b>11</b> BBQ Riblet Oven Fries Corn and Black bean Salad Wheat Sandwich Bun Warm Cinnamon Apples Chef's Choice	<b>22</b> Roast Turkey w/ Cheddar Ale Sauce Vegetable Rice Pilaf Broccoli Chef's Choice Fruit Biscuit Oatmeal Raisin Cookie *diabetic sub	<b>23</b> Western Strata Bake Hash Brown Potatoes Maple Glazed Pears Raisin Bread Cranberry Juice Banana	<b>24</b> Chicken Breast Parmesan Penne Pasta Marinara Squash Medley Wheat Vienna Chilled Peaches
<b>17</b>	<b>18</b> Chicken Chardonnay Mashed Potatoes Broccoli Multi Grain Bread Whole Orange Grammas Apple Bar *diabetic sub	<b>19</b> Texas Chili Mac and Cheese Country Blend Vegetables Multi-Grain Bread Fruit Cocktail	<b>20</b> Veal Marsala Scalloped Potatoes Stewed Tomatoes Multi-Grain Bread Chilled Pears Beet Salad	<b>21</b> Baked Pollock w/ Lemon Butter Sauce Baked Potato California Blend Wheat Bread Vanilla Mandarin Pudding *diabetic sub
<b>24</b> Slow Roasted Beef/Gravy Mashed Potatoes Brussels Sprouts Multi Grain Bread Chilled Pears Cookie *diabetic sub	<b>25</b> Turkey Pot Roast/Gravy Baked Potato Peas and Carrots Multi-Grain Bread Chef's Choice Fruit Banana	<b>26</b> Spaghetti & Meatball Marinara Broccoli Wheat Vienna Chilled Peaches *low sodium meat sauce	<b>27</b> Chicken Tenders w/ Country Chicken Gravy Bread Stuffing Sweet Potato Mashed Northern Beans and Tomato Medley Cran Applesauce Pea Salad	<b>28</b> Surimi Crab Alfredo Penne Pasta Zucchini w/ Red Peppers & Onions Chef's Choice Veg Multi-Grain Dinner Roll Fruit Cup

**31**

Baked Meatloaf w/ Country  
Gravy  
Cauliflower Mashed Potatoes  
Mixed Vegetables  
Whole Wheat Roll  
Pineapple Tid Bits

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