

PLEASE RE, MEMBER
TO SIGN UP FOR
YOUR MEALS THE
WEDNESDAY BEFORE.

January 2019

SPECIAL MENU IS
THURSDAY,
JANUARY 17TH.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 NEW YEAR'S DAY CENTERS CLOSED	2 Chicken Philly pita w/cheese, onions & peppers Potato soup Blushed pears	3 Beef stew Mixed salad 1 slice bread Orange	4 Chicken piccata California vegetables Noodles Garlic breadstick Applesauce	5
6	7 Chicken ala king w/peas Green beans w/onions Brown rice Apple	8 Turkey w/gravy Whipped potatoes Sliced carrots Wheat bread Spice cake w/icing	9 Honey chicken thigh Oriental vegetables Blended rice pilaf 1 slice white bread Pineapple delight	10 meatloaf w/gravy Whipped potatoes Creamed corn Wheat bread Sugar free gelatin	11 Rigatoni w/meat sauce and cheese Tossed salad Mixed vegetables Italian bread Fruit salad	12
13	14 Beef w/mushrooms Broccoli Egg noodles 1 slice white bread Mixed fruit salad	15 Stuffed cabbage Whipped potatoes Carrots 1 slice rye bread Pumpkin cake/icing	16 Tuna salad 2 slices bread Tomato soup Tossed salad Orange	17 SPECIAL MENU BBQ rib patty Cheesy hashbrowns Green beans Whole grain bread Peaches	18 Roast beef/au jus BBQ bun Cheese Vegetable soup Banana	19
20	21 MARTIN LUTHER KING JR. DAY CENTERS CLOSED	22 Turkey salad /bun Vegetable soup Cole slaw w/peppers Pineapple	23 Meatballs w/gravy French fries Italian vegetables 1 slice 7 grain bread Orange	24 Breaded fish/bun Macaroni & cheese Stewed tomatoes Pears & oranges	25 Chicken breast White rice Asian vegetables Peaches Fortune cookie	26
27	28 Turkey rollup with Gravy Whipped potatoes 1 slice bread Mixed vegetables Applesauce	29 Pizza with peppers, mushrooms, onions & pepperoni Tossed salad Banana	30 Grilled chicken Salad w/cheese and French fries Tortilla Apple Cookie	31 Pepper steak with Tomatoes, onions & peppers Brown rice White bread Peaches		