

PLEASE REMEMBER
TO SIGN UP FOR
YOUR MEALS THE
TUESDAY BEFORE

January 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MILK IS SERVED ON A DAILY BASIS	3 Roasted Pork w/ Apples Whipped Potatoes w/ Chives Mixed Vegetables Mini Biscuit Fresh Banana	4 Roast Beef w/ Dumplings Creamy Coleslaw Buttermilk Biscuit Cinnamon Applesauce	5 Roasted Turkey w/Gravy Mashed Potatoes Sweet Corn Wheat Bread Cookie	6 Crab Cake Slider Green Beans Dinner Roll Parmesan Noodles Mandarin Oranges	7 Baked Ham w/ Raisins Sweet Potatoes Coin Carrots Wheat Bread Sliced Pears	8
9	10 Taco Salad Salad w/tomatos Corn & Black Bean Salad Nacho Chips Spanish Rice Pineapple Delight	11 Stuffed Pepper Garlic Whipped Potatoes Coin Carrots White Bread Fresh Orange	12 Pizza w/Green Pepper, Onion, Mushrooms Tossed Salad Fresh Plum	13 Crispy Chicken Salad Mixed Greens Vegetable Soup Dinner Roll Crackers Sliced Peaches	14 Baked Meatloaf w/Gravy Baked Potato Green Beans White Bread Sliced Peaches	15
16	17 Center Closed Martin Luther King Jr Day	18 Chicken Marsala Broccoli & Cauliflower Blend Wheat Bread Rice Pilaf Mixed Fruit	19 Pineapple Glazed Ham Whipped Sweet Potatoes Wheat Bread Peas & Carrots Fresh Banana	20 Hawaiian Pork Chop Island Blend Vegetables Whipped Potatoes Strawberry Shortcake	21 Chef Salad Mixed Greens & Tomato Crackers Vegetable Soup Dinner Roll Sliced Peaches	22
23	24 Chicken Breast w/Gravy Pepper Slaw Dumplings Buttermilk Biscuit Applesauch	25 BBQ Pork Ribette Green Beans Sweet Potato Bites Wheat Bread Pineapple Delight	26 Bacon Bleu Cheeseburger Creamy Potato Soup Hamburger Roll Crackers Fresh Apple	27 Salmon Cake w/ Cream Sauce Broccoli Wheat Bread Mixed Fruit	28 Hot Turkey Sandwich w/Gravy Whipped Potatoes w/Chives Sweet Corn White Bread Cookie	29
30	31 Potato Crusted Fish Stewed Tomatoes Wheat Breat Macaroni & Cheese Fresh Orange					