

## JANUARY 2022 WEEKDAY MENU

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| 3<br><br><b>CLOSED</b>  | 4<br>Stuffed Salmon<br>Roasted Baby Bakers<br>Winter Blend Veggies<br>Diced Pears<br>Chocolate Pudding                      | 5<br>Meatloaf with<br>Marsala Mushroom Gravy<br>Macaroni & Cheese<br>Brussels Sprouts<br>Applesauce<br>Dinner Roll           | 6<br>Chili with Mozzarella<br>Cheese<br>Baked Potato<br>Corn Bread<br>Orange<br>Sour Cream  | 7<br>Pork with Gravy over<br>Mashed Potatoes<br>Green Beans<br>Fruit Cocktail<br>Ultimate Grain Bread  |
| 10<br>Herbed Baked Chicken<br>Roasted Baby Bakers<br>Italian Beans<br>Chocolate Bread                             | 11<br>Meatballs in Marinara<br>over Penne Pasta<br>Mixed Salad with<br>Onion & Tomato<br>Applesauce<br>Ultimate Grain Bread | 12<br>Chicken & Dumplings<br>Scandinavian Blend<br>Vegetables<br>Diced Peaches<br>Yogurt                                     | 13<br>Seafood Crab Cake<br>Corn<br>Baby Lima Beans<br>Fruit Cocktail<br>White Wheat Bread<br>Tartar Sauce                               | 14<br>Salisbury Steak with Gravy<br>Mashed Potatoes<br>Spinach<br>Diced Pears<br>Cornbread Loaf        |
| 17<br><br><b>CLOSED</b>   | 18<br>Stuffed Pepper with<br>Marinara Sauce<br>Mashed Potatoes<br>Cooked Apples<br>12 Grain Bread                           | 19<br>Chicken Cordon Bleu<br>Mashed Potatoes with<br>Gravy<br>Cherry Graham Tart<br>With Whipped Cream<br>Broccoli           | 20<br>Turkey & Swiss on Club<br>Roll with Lettuce, Tomato<br>& Onion<br>Diced Peaches<br>Cream of Potato Soup<br>with Bacon<br>Crackers | 21<br>Beef Burgundy over<br>Egg Noodles<br>Key West Vegetables<br>Orange<br>12 Grain Bread             |
| 24<br>Salmon with Lemon Dill<br>Sauce<br>Baked Potato<br>Broccoli<br>White Wheat Bread<br>Rice Pudding            | 25<br>Oven Fried Chicken<br>Mashed Potatoes<br>with Gravy<br>Green Beans<br>Tropical Fruit                                  | 26<br>Turkey with Gravy<br>Baked Sweet Potato<br>Nantucket Vegetables<br>Fresh Apple<br>White Wheat Bread<br>Cranberry Sauce | 27<br>Hamburger with Cheddar<br>on Hamburger Bun<br>Lettuce & Tomato<br>Diced Pears<br>Minestrone Soup<br>Crackers                      | 28<br>Curry Coconut Chicken<br>Brown Rice<br>Capri Blend Vegetables<br>Pineapples<br>Giant Graham Fish |
| 31<br>Swedish Meatballs over<br>Egg Noodles<br>California Blend<br>Vegetables<br>12 Grain Bread<br>Tropical Fruit | 1<br>Fire Braised Chicken Stew<br>Mixed Salad with<br>Onion & Tomato<br>Peach Cobbler<br>Ultimate Grain Honey<br>Bread      | 2<br>Pot Roast with Gravy<br>Baked Potato<br>Crinkle Cut Carrots<br>Applesauce<br>Dinner Roll<br>Sour Cream                  | 3<br>Chicken Supreme<br>with Gravy<br>Sweet Potatoes<br>Peas<br>Fresh Pear<br>Cranberry Sauce   | 4<br>Seasoned Flounder<br>Macaroni & Cheese<br>Stewed Tomatoes<br>Banana Yogurt Sundae                 |

## JANUARY 2022 WEEKEND BAG SUPPER MENU

| SATURDAY   | SUNDAY  |
|--|---|
| 8<br>Egg Salad on White Wheat Bread with Lettuce & Tomato<br>Peaches<br>Chocolate Pudding                            | 9<br>Chicken Salad On Pita<br>Marinated Bean Salad<br>Pear or Apple - Yogurt  |
| 15<br>Meatloaf on Potato Bread<br>Potato Salad<br>Diced Peaches  | 16<br>Egg Salad on White Wheat Bread with Lettuce & Tomato<br>Peaches<br>Chocolate Pudding                          |
| 22<br>Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato<br>Raisins<br>Yogurt                                   | 23<br>Meatloaf on Potato Bread<br>Potato Salad<br>Diced Peaches   |
| 29<br>Turkey & Swiss on White Wheat Bread with Lettuce & Tomato<br>Red Skin Potato Salad<br>Mixed Fruit Cup - Yogurt | 30<br>Ham & Swiss on a Baby Kaiser Roll with Lettuce & Tomato<br>Raisins<br>Yogurt                                  |
| 5<br>Tuna Salad on a Club Roll with Lettuce and Tomato<br>Marinated Vegetable Salad<br>Orange or Banana              | 6<br>Turkey & Swiss on White Wheat Bread with Lettuce & Tomato<br>Red Skin Potato Salad<br>Mixed Fruit Cup - Yogurt |