

COUNTRY NEIGHBOR MENU

JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
HAPPY NEW YEAR! NO MEALS WILL BE SERVED! CNP WILL BE CLOSED	Polish Sausage & Sauterkraut Mashed Potatoes/Gravy Mixed Vegetables Fresh Fruit	Macaroni and Cheese Stewed Tomatoes Pea Salad Peaches Juice	Baked Chicken Pierogis with Sour Cream Sautéed Cabbage Tropical Fruit	BBQ Riblet Cheesy Potatoes Broccoli-Cauliflower Salad Hot Apples with Raisins and Carmel Sauce Juice
8	9	10	11	12
Country Fried Steak Mashed Potatoes/Gravy Harvard Beets Coleslaw Juice	Lasagna with Meat Sauce Key West Vegetables Tossed Salad Fresh Fruit	Meatloaf Mashed Potatoes/Gravy Sugar Snap Peas Broccoli Cauliflower Salad Juice	Creamed Chicken with Dumplings, Peas & Carrots Beef Salad Pineapple & Cottage Cheese Cup	Vegetable Beef Soup Turkey & Cheese Sandwich Waldorf Salad Juice
15	16	17	18	19
CLOSED FOR MARTIN LUTHER KING DAY! NO MEALS WILL BE SERVED!	BBQ Pork Loin Red Skin Potatoes with Garlic and Butter Brussel Sprouts Baked Apples	Breaded Chicken Rice Pilaf Candied Carrots Sauterkraut Salad Juice	Italian Sausage Sandwich with Peppers and Onions Baked Potato with Broccoli, Cheese and Sour Cream Mixed Fruit	Spaghetti and Meat Sauce Green Beans Tossed Salad Garlic Bread Juice
22	23	24	25	26
Honey Mustard Chicken Cheesy Mashed Potatoes Mixed Vegetables Pineapple Cup Juice	Beef Stew with Peas, Carrots, & Potatoes Beet Salad Garlic Biscuit Fresh Fruit	Chicken Paprikash Noodles Corn Carrot Raisin Salad Juice	Scalloped Potatoes with Ham Stewed Tomatoes Hawaiian Coleslaw Orange Tapioca Salad	Sloppy Jo on Bun Potato Soup Broccoli Salad Ambrosia Juice
29	30	31		
Chili Cornbread Waldorf Salad Juice	Beef Stroganoff over Buttered Noodles Sanoma Vegetables 3 Bean Salad Peach Crisp	Meatloaf Mashed Potatoes/Gravy Mexican Corn Coleslaw Applesauce	3 oz. protein 4 oz. fruit 4 oz. vegetable 3 oz. starch 2 oz. grain 8 oz. casserole	Milk and bread served with all meals.

Menu meets nutritional needs of healthy adults:

Julison Maud, MS, RD, CD