





January 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		Chili Cole Slaw Mixed Fruit Corn Bread Juice	BBQ Pork Loin Cheesy Mashed Potatoes Prince Edward Vegetables Pineapple Juice	Macaroni & Cheese Stewed Tomatoes Tossed Salad Fresh Orange
7	8	9	10	11
Salisbury Steak Mashed Potatoes w/ Gravy Mixed Vegetables Tropical Fruit Juice	Breaded Chicken Pierogi Casserole Corn Beet Salad Juice	Italian Sausage with Peppers and Onions on Bun Baked Potato with Broccoli, Cheese and Sour Cream Mixed Fruit	Beef Stew w/ Peas, Carrots & Potatoes Peaches & Cottage Cheese Salad Garlic Biscuit/Juice	Chicken Rice Soup Garden Salad Egg Salad on Bun Mixed Fruit Crackers
14	15	16	17	18
Chicken Enchiladas Mexican Corn Spanish Rice Fruit Cup Juice	Lasagna with Meat Sauce Green Beans Tossed Salad Apple Sauce	BBQ Chicken Lemon Rice Glazed Carrots Broccoli Salad Juice	Hamburger on Bun Cheesy Broccoli Soup Italian Tomatoes & Cucumbers Baked Apples	Escalloped Potatoes w/Ham Pea Salad Key West Vegetables Orange Jello w/Mandarins
21	22	23	24	25
	Roasted Pork Sweet Potato Souffle Green Beans Tossed Salad Pears	Meatloaf Mashed Potatoes/Gravy Corn Coleslaw Cranberry Applesauce	Creamed Chicken with Dumplings, Peas and Carrots Beet Salad Pineapple and Cottage Cheese Cup	Vegetable Beef Soup Turkey and Cheese Sandwich Waldorf Salad Juice
28	29	30	31	
Cheese Burger Macaroni Green Beans Tossed Salad Mixed Fruit	Chicken Paprikash Buttered Noodles Sugar Snap Peas Carrot Raisin Salad Fresh Fruit	Beef Tips and Gravy over Mashed Potatoes Cauliflower Tropical Fruit Juice	3 oz. Protein 1 oz. Bread 4 oz. Fruit 8 oz. Milk 4 oz. Vegetable 1 c. T. Salad 3 oz. Starch 2 oz. Grain 8 oz. Casserole	

Menu meets nutritional needs of healthy adults: _____