

January 2024 Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meals Served Happy New Year	2 Two Compartment Chicken pot pie 3oz chicken ½ puff Pastry ½ cup peas and carrots 3oz sauce ½ cup Mashed potato 1pc WW dinner Roll ½ cup Gelatin	3 Cold: 3oz Turkey & Cranberry Salad ½ cup Garden Salad ½ cup Butternut Salad Congregate: Butternut Soup to replace Butternut Salad ½ pc Pita Bread 1pc Dressing ½ cup canned fruit No Margarine	4 1 Hot dog (LS Beef/pork) ½ cup baked beans ½ warm Cinnamon Pears ½ cup coleslaw 1pc Hot dog roll 1pc Mustard 1pc Relish No Margarine	5 Two Compartment 12oz Pasta Fagioli: 8oz of White beans & Navy Beans, 4oz carrots, celery, tomatoes, spinach, ditalini Pasta ½ c Cauliflower 1 pc Oat Bread 1pc cookie 1pc parmesan
8 3oz Pulled Pork 2oz BBQ sauce ½ cup Sweet Potato Tots ½ cup Corn & Red Peppers 1pc Burger Bun ½ cup Applesauce No Margarine	9 3 oz Sliced Turkey 2 oz gravy ½ cup Mashed potato ½ cup Carrots 1 pc LS Wheat Bread ½ cup canned Fruit 1 pkt cranberries	10 Birthday: Chicken Marsala 1pc Grilled Chicken 2oz Marsala Sauce ½ cup Parmesan Risotto ½ cup Capri Vegetables Congregate: Minestrone to replace Capri Veg 1pc Birthday Cake 1pc Oat Bread	11 Two Compartment Beef Stew 3oz Beef 2oz Peas 2oz Carrots ½ cup mashed potatoes 1pc Cornbread 1pc Fresh Fruit	12 Two Compartment 1 pc Lasagna 4 oz Spinach Alfredo Sauce ½ cup Zucchini & Summer Squash 1pc WW Dinner Roll ½ cup tapioca pudding 1 pkt Parmesan cheese
15 No Meals Served MLK Day	16 Two Compartment 7oz Ground Turkey & Sweet Potato Chili ½ cup Green Beans 1pc WW Bread ½ cup Mandarins	17 1pc meatloaf (1.5oz beef & 1.5oz turkey) 2 oz Gravy ½ cup Mashed Potatoes ½ cup Peas 1pc Oat Bread ½ cup Chocolate Pudding	18 3 oz Stuffed Chicken (Cordon Bleu with Ham) 2 oz Supreme sauce ½ cup Mashed Sweet Potato ½ cup Beets 1 slice MG bread ½ cup Pineapple	19 Fish Sandwich 3oz Breaded Pollock ½ cup Roasted potato O'Brien ½ cup Fruit Crisp 1pc Burger Bun ½ cup Garden Salad 1pc tartar sauce 1pc Dressing No Margarine
22 Two Compartment American Chop Suey 3oz beef ½ cup pasta 4oz Tomato sauce ½ cup Zucchini 1pc WW Garlic Roll ½ cup mandarins	23 4oz Baked Cod 1oz Crumb Topping ½ cup Rice Pilaf ½ cup Brussels Sprouts Congregate: Pureed Carrot Soup to replace Brussels Sprouts 1pc Oat Bread 1pc Canned Fruit 1pc Lemon Packet	24 1pc Breaded Chicken 2oz Basil, Red Pepper & Parmesan Sauce ½ cup Quinoa ½ cup Capri Veg 1pc Vienna Bread 1pc Fresh Fruit	25 Special Two Compartment 3pc Pork with ½ cup Asian Vegetables and 4oz Brown Sweet sauce (moo shu) 4oz Colorful Veg Fried Rice 1pc Pineapple upside down cake 1pc fortune cookie 1pc Dinner Roll 1pc Sweet and Sour Sauce	26 1pc Broccoli & Cheese Egg Bake ½ cup Ratatouille (no mushrooms) 1pc Roasted Potatoes 1pc Fruit Loaf 1pc Yogurt 1pc Juice (no milk) 1pc Ketchup
29 Two Compartment 3oz Grilled Chicken 4oz Piccata sauce over ½ cup WW spaghetti ½ cup Broccoli 1pc Dinner Roll ½ cup canned fruit	30 Meatball Sub 3 oz Chicken Meatballs 2 oz Marinara Sauce ½ cup Corn ½ cup Creamed Spinach 1pc Sub Roll ½ cup pineapple No Margarine	31 3oz Salisbury Steak 2oz mushroom Gravy ½ cup Garlic Mashed Potatoes ½ cup Beets 1pc Cornbread ½ cup gelatin		