

Sun

Mon

Tue

Wed

Thu

Fri

Sat

January 2019 Menu

1
HAPPY NEW YEAR

2 LUNCH
Beef Noodle Soup
Kielbasa Sausage
Pierogies
Brussels Sprouts
DINNER
Spring Mix w/Dressing
Smothered Steak
Red Skin Potatoes

3 LUNCH
Lentil Soup
Fried Chicken w Chicken Gravy
Mashed Potatoes
Buttered Corn
DINNER
Pickled Beet Salad
Tuscan Pork w/Buttered Noodles
Buttered Noodles

4 LUNCH
Low Sodium Corn Chowder
Caribbean Catfish
Lemon Rice
Asparagus
DINNER
Creamy Coleslaw
Seafood Salad
Croissant

5 LUNCH
Italian Wedding Soup
Cheese Ravioli w/Pesto Sauce
Bermuda Vegetable Blend
DINNER
Ambrosia
Hot Dog on a Bun
Baked Beans

6 LUNCH
Chicken Noodle Soup
Roast Turkey
Glazed Sweet Potatoes
Broccoli Cuts
DINNER
Tossed Salad w/Dressing
Apple Pork Roast
Fried Potatoes & Onions

7 LUNCH
Beef Barley Soup
Country Fried Steak w/ Gravy
Cream Style Corn
Zucchini
DINNER
Cream of Cauliflower Soup
Chicken Fajitas w Sour Cream
Mexican Rice

8 LUNCH
Cream of Potato Soup
Chicken Cordon Bleu
Risotto
California Vegetable Blend
DINNER
Waldorf Salad
Beef Stroganoff w/Noodles
Green Peas

9 LUNCH
Cream of Celery Soup
Apricot Glazed Ham
Scalloped Potatoes
Malibu Vegetable Blend
DINNER
Spring Mix w/Dressing
Stuffed Cabbage Roll
Mashed Potatoes

10 LUNCH
Split Pea Soup
Sour Cream Meatloaf
Potatoes Anna
Mixed Vegetables
DINNER
Mandarin Oranges w/Coconut
Sweet & Sour Chicken
Fried Rice

11 LUNCH
Manhattan Clam Chowder
Crunchy Orange Fish
Wild & Brown Rice Pilaf
Broccoli Florets
DINNER
Cottage Cheese & Peach Salad
Swedish Meatballs w/Noodles
Peas & Carrots

12 LUNCH
Cream of Mushroom Soup
Lasagna w/Meat Sauce
Capri Vegetable Blend
Garlic Bread
DINNER
Creamy Coleslaw
Chili Dog on a Bun
Sweet Potato Fries

13 LUNCH
Chicken Noodle Soup
Cranberry Orange Chicken
Macaroni & Cheese
Mixed Vegetables
DINNER
Tossed Salad w/Dressing
Teriyaki Steak
Fried Rice
Fruited Gelatin Parfait

14 LUNCH
Cream of Vegetable Soup
Herbed Turkey
Sage Bread Dressing
California Vegetable Blend
DINNER
Cinnamon Applesauce
Honey Glazed Pork Lion
Hot German Potato Salad
Oatmeal Raisin Cookie

15 LUNCH
Cheddar Cheese Soup
Baked Breaded Clam Strip
Lemon Rice
Brussels Sprouts
DINNER
Spring Mix W/Dressing
Chicken a La King
Buttered Noodles
Dutch Apple Coffee Cake

16 LUNCH
Vegetable Soup
Chicken Paprikash
Spatzle
California Vegetable Blend
DINNER
Stuffed Green Peppers
Scalloped Potatoes
Parsley Buttered Carrots
Cinnamon Scalloped Peaches

17 LUNCH
Cream of Cauliflower Soup
Roasted Thyme Chicken
Baked Sweet Potatoes
Green Bean Casserole
DINNER
Antipasto Salad
Chicken Parmesan
Asparagus
Mandarin Oranges

18 LUNCH
New England Clam Chowder
Cornflake Fish
Hushpuppies
Vegetable Medley
DINNER
Cream of Tomato Soup
Grilled Cheese Sandwich
Fried Potatoes & Onions
Chocolate Cream Pie

19 LUNCH
Minestrone Soup
Johnny Marzetti
Capri Vegetable Blend
DINNER
Confetti Coleslaw
Mushroom Swiss Burger
Bourbon Baked Beans
Parsley Buttered Carrots
Peach Pie

20 LUNCH
Chicken Noodle Soup
Ranchers Chicken
Rice Pilaf
Green & Wax Beans
DINNER
Tossed Salad w/Oranges
Glazed Pork Roast
Sweet Potatoes& Apples

21 LUNCH
Cream Of Vegetable Soup
Salisbury Steak w/Peppers& Gravy
Cheesy Potatoes
Stewed Cabbage
DINNER
Spring Mix w/Dressing
Beef Bourguignonne w/Noodles
Broccoli Florets

22 LUNCH
Low Sodium Beef Barley Soup
Honey Glazed Pork Lion
Italian Green Beans
DINNER
Sour Cream Cucumber Salad
Crispy Baked Chicken
Au Gratin Potatoes
Stewed Tomatoes

23 LUNCH
Cream of Mushroom Soup
Meatballs w/ Noodles
Marinara Sauce/ Garlic Bread
Zucchini
DINNER
Forest Pears
Hamburger on a Bun
Potato Wedges

24 LUNCH
Italian Wedding Soup
Veal Marsala
Penne Pasta
Capri Vegetable Blend
DINNER
Tossed Salad w/Dressing
Pot Roast
Roasted Redskin Potatoes

25 LUNCH
Cream of Celery Soup
Italian Seafood Bake
Rice Pilaf
Parslied Cauliflower
DINNER
Antipasto Salad
Chicken Cacciatore /Bowtie Pasta
Herbed Green Beans

26 LUNCH
Cream of Tomato Soup
Shepherd's Pie
Scalloped Corn
Roasted Brussels Sprouts
DINNER
Beef Chili
Hot Dog on a Bun
Tatar Tots

27 LUNCH
Chicken Noodle Soup
Honey Mustard Chicken
Parslied New Potatoes
DINNER
Tossed Salad w/Dressing
Beef Tips-Mushroom Gravy
Parslied Noodles

28 LUNCH
Minestrone Soup
Meatballs w/Noodles& Marinara
Italian Green Beans
DINNER
Cottage Cheese & Pear Salad
Seasoned Chicken Breast
Loaded Baked Potato

29 LUNCH
Cream of Broccoli Soup
Chicken & Dumplings
Green Peas
DINNER
Cucumber & Onion Salad
Savory Pork Roast
Roasted Beets & Carrots

30 LUNCH
Beef Noodle Soup
Kielbasa Sausage
Pierogies
DINNER
Spring Mix w/Dressing
Smothered Steak
Red Skin Potatoes

31 LUNCH
Lentil Soup
Fried Chicken w Chicken Gravy
Mashed Potatoes
DINNER
Pickled Beet Salad
Tuscan Pork w/Buttered Noodles
Lima Beans

Breakfast:
Sunday: Pancakes/Sausage /Eggs Saturday: Eggs/Bacon
Monday: Eggs
Tuesday: French Toast/Sausage
Wednesday: Eggs/Bacon
Thursday: Waffles/ Sausage
Friday: Omelets