



JANUARY MENU 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <h2>HAPPY NEW YEAR</h2>				1 Breakfast Cream of Rice, Scrambled Egg, Danish Pastry Lunch Baked Haddock, Spinach, Sweet Potatoes, Roll Dinner Beef Stew, Beets, Dinner Roll	2 Breakfast Oatmeal, Pancake with Berry Sauce, Toast Lunch Hot Dog in a bun, Coleslaw, Baked beans Dinner Chicken Parmesan, Orzo, Italian Blend Vegetables	3 Breakfast Cream of Wheat, Waffles, Sausage Lunch Ham Steak, Cauliflower, Sweet Potatoes Dinner Chicken Tenders, Veg of The Day, Rice
4 Breakfast Oatmeal Ham and Cheese Quiche Lunch Swedish Meatballs, Egg Noodles, Broccoli Dinner Pepper Steak, White Rice, Oriental Vegetables	5 Breakfast Banana, Cream of Rice, Blueberry Pancakes, Sausage Lunch Roast Pork w/Dijon Cream Sauce, Sweet Potatoes, Veggies Dinner Spaghetti w/Meatballs, Red Sauce, Spinach	6 Breakfast Mayo, Scrambled Eggs, Toast, Bacon Lunch Chicken Supreme, Mixed Vegetable, Twice Baked Potato Dinner Stuffed Peppers, Wax Beans, Mashed Potatoes	7 Breakfast Cream of Wheat, Egg Soufflé, Coffee Cake Lunch Beef Tips w/Mushroom Gravy, Green Beans, Baked Potato Dinner Thanksgiving Casserole, Carrots	8 Breakfast Oatmeal, French Toast, Sausage Lunch Baked Fish w/Lemon, Asparagus, Oven Brownd Potatoes Dinner Italian Meatloaf with Gravy, Scalloped Potatoes, Cauliflower	9 Breakfast Cream of Rice, Scrambled Eggs, Banana Muffin Lunch Tortellini Alfredo, Capri Vegetables, Italian Bread Dinner Creamy Mustard Chicken Thighs, Carrots, Herbed Couscous	10 Breakfast Cream of Rice, Scrambled Eggs, Banana Muffin Lunch Tortellini Alfredo, Capri Vegetables, Italian Bread Dinner Creamy Mustard Chicken Thighs, Carrots, Herbed Couscous
11 Breakfast Oatmeal, Western Scrambled Eggs, Toast Lunch Meatloaf w/gravy, Mashed Potatoes, Baby Carrots Dinner Chicken Pot Pie, Wax Beans	12 Breakfast Cream of Wheat, Waffle, Bacon, Maple Syrup Lunch Corned Beef and Cabbage Dinner, Turnips, Carrots, Boiled Potatoes Dinner Macaroni & Cheese, Capri Vegetable	13 Breakfast Mayo, Egg & Cheese Croissant Lunch Chicken Cacciatore, Zucchini, Spaghetti, Garlic Bread Dinner Roast Pork, Beets, Rice	14 Breakfast Banana, Oatmeal, Scrambled Egg, Toast Lunch Riblet with Sauce, Baby Carrots, Baked Beans Dinner Lasagna & Broccoli	15 Breakfast Cream of Rice, French Toast, Sausage Lunch Baked Fish w/Lemon, Baked Potato, Green Beans Dinner Hot Turkey Sandwich, Squash, Cranberry Sauce	16 Breakfast Mayo, Cheesy Egg Scramble, White Toast Lunch Pork Pie, Corn Dinner Shredded Mexican Beef Hoagie & Zucchini Queso	17 Breakfast Cream of Wheat, Egg Soufflé, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Piccata, Garlic Spinach & Orzo
18 Breakfast Oatmeal, Waffle, Bacon Lunch Shepherd's Pie, Mixed Vegetables, Corn Muffin Dinner Chicken Pesto, Broccoli, Brown Rice	19 Breakfast Cream of Wheat, French Toast and Sausage Lunch Roast Pork, Braised Red Cabbage, Scalloped Potatoes Dinner Chicken Pot Pie, Spinach	20 Breakfast Oatmeal, Scrambled Eggs, Hash Brown Potatoes Lunch Stuffed Cabbage, Mixed Vegetables, Mashed Potato Dinner Macaroni & Cheese, Stewed Tomatoes	21 Breakfast Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Chicken Tortilla Casserole, Summer Squash	22 Breakfast Western Haystack Eggs, Mayo, Wheat Toast Lunch Baked Haddock, Rice, Glazed Carrots Dinner Beef Tomato Cavatappi, Zucchini	23 Breakfast Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake Lunch Chicken Tenders, Green Beans, Garlic Mashed Potato Dinner Shrimp Scampi, Penne Pasta, Mixed Vegetable	24 Breakfast Oatmeal, Pancake, Sausage Lunch Veal Cutlet with Gravy, Garlic Mashed Potatoes, Carrots Dinner Meatloaf with Gravy, Broccoli, Red Skin Potatoes
25 Breakfast Oatmeal, French Toast & Sausage Lunch Beef Tips, Green Beans, Mashed Potatoes Dinner Ravioli with Sauce, Asparagus	26 Breakfast Mayo, Hard Boiled Egg, Bran Muffin Lunch Mediterranean Chicken Picatta, Zucchini, Rice Pilaf Dinner Beef Stroganoff, Bow Tie Pasta, Beets	27 Breakfast Cream of Wheat, Cheesy Egg Scramble, Hash Brown Lunch Roast Pork Loin, Carrots, Mashed Potato, Gravy Dinner Chicken Cacciatore, Fettuccini, Zucchini	28 Breakfast Oatmeal, Blueberry Pancakes, Sausage Lunch Sloppy Joe on a bun, Corn Dinner Cranberry Glazed Turkey, Brussel Sprouts, Stuffing & Gravy	29 Breakfast Cream of Rice, Scrambled Egg, Danish Pastry Lunch Baked Haddock, Spinach, Sweet Potatoes, Roll Dinner Beef Stew, Beets, Dinner Roll	30 Breakfast Oatmeal, Pancake with Berry Sauce, Toast Lunch Hot Dog in a bun, Coleslaw, Baked beans Dinner Chicken Parmesan, Orzo, Italian Blend Vegetables	31 Breakfast Cream of Wheat, Waffles, Sausage Lunch Ham Steak, Cauliflower, Sweet Potatoes Dinner Chicken Tenders, Veg Of The Day, Rice