



JANUARY MENU 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<p>1 Breakfast Banana, Cream of Rice, Blueberry Pancakes, Maple Syrup, Sausage Lunch Roast Pork w/Dijon Cream Sauce, Sweet Potatoes, Cape Cod Vegetables Dinner Spaghetti w/Meatballs & Red Sauce, Spinach</p>	<p>2 Breakfast Mayo, Scrambled Eggs, Toast, Bacon Lunch Chicken Supreme, Mixed Vegetable, Twice Baked Potato Dinner Stuffed Peppers, Wax Beans, Mashed Potatoes</p>	<p>3 Breakfast Cream of Wheat, Egg Soufflé, Coffee Cake Lunch Beef Tips w/Mushroom Gravy, Green Beans, Baked Potato Dinner Turkey a la King over Biscuit, Carrots</p>	<p>4 Breakfast Oatmeal, French Toast, Sausage Lunch Baked Fish w/Lemon, Asparagus, Oven Browned Potatoes Dinner Italian Meatloaf w/Gravy, Scalloped Potatoes, Cauliflower</p>	<p>5 Breakfast Cream of Rice, Scrambled Eggs, Banana Muffin Lunch Spaghetti w/Meatballs, Capri Vegetable, Italian Bread Dinner Lemon Chicken Florentine, Rice Pilaf, Vegetables</p>	<p>6 Breakfast Mayo, Waffle w/Berry Sauce Lunch Chicken Chasseur, Butternut Squash, Garlic Mashed Potato Dinner Cheeseburger Casserole, Carrots, Roll</p>	
<p>7 Breakfast Oatmeal, Western Scrambled Eggs, Toast Lunch Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots Dinner Quiche Lorraine, Fruit Salad</p>	<p>8 Breakfast Cream of Wheat, Waffle, Bacon, Maple Syrup Lunch Corned Beef and Cabbage Dinner, Turnips, Carrots, Boiled Potatoes Dinner Macaroni & Cheese, Capri Vegetable</p>	<p>9 Breakfast Mayo, Egg & Cheese Croissant Lunch Chicken Cacciatore, Zucchini, Spaghetti, Garlic Bread Dinner Roast Pork, Beets, Rice</p>	<p>10 Breakfast Oatmeal, Scrambled Egg, Toast Lunch Baked Ham w/Raisin Sauce, Baby Carrots, Baked Beans Dinner Beef Roulade, Broccoli, Mashed Potato</p>	<p>11 Breakfast Cream of Rice, French Toast, Sausage Lunch Baked Fish w/Lemon, Baked Potato, Green Beans Dinner Hot Turkey Sandwich, Squash, Cranberry Sauce</p>	<p>12 Breakfast Mayo, Cheesy Egg Scramble, White Toast Lunch Pork Pie, Corn Dinner Hot Roast Beef Sandwich, California Vegetables, Sweet Potato</p>	<p>13 Breakfast Cream of Wheat, Egg Soufflé, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Marsala, Sautéed Mushrooms, Garlic Mashed Potato</p>	
<p>14 Breakfast Oatmeal, Waffle, Bacon Lunch Shepherd's Pie, California Mixed Vegetables, Corn Muffin Dinner Sesame Chicken, Broccoli, Brown Rice</p>	<p>15 Breakfast Cream of Wheat, French Toast & Sausage, Maple Syrup Lunch Roast Pork, Braised Red Cabbage, Scalloped Potatoes Dinner Chicken Pot Pie, Spinach</p>	<p>16 Breakfast Oatmeal, Scrambled Eggs, Hash Brown Potatoes Lunch Stuffed Cabbage, Mixed Vegetable, Mashed Potato Dinner Macaroni & Cheese, Stewed Tomatoes</p>	<p>17 Breakfast Banana, Cream of Rice, French Toast, Apple Compote, Bacon, Maple Syrup Lunch Roast Turkey, Butternut Squash, Mashed Potatoes, Stuffing and Cranberry Sauce Dinner Beef Teriyaki, Rice, Asian Vegetable</p>	<p>18 Breakfast Western Haystack Eggs, Mayo, Wheat Toast Lunch Baked Haddock, Rice, Glazed Carrots Dinner Beef Tomato Cavatappi, Zucchini</p>	<p>19 Breakfast Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake Lunch Chicken Tenders, Corn, Garlic Mashed Potatoes Dinner Shrimp Scampi, Penne Pasta, Mixed Vegetable</p>	<p>20 Breakfast Oatmeal, Pumpkin Pancake, Sausage Lunch Veal Cutlet w/Gravy, Garlic Mashed Potatoes, Carrots Dinner Meatloaf w/Gravy, Broccoli, Red Skin Potatoes</p>	
<p>21 Breakfast Oatmeal, French Toast & Bacon, Maple Syrup Lunch Beef Tips, Sautéed Mushrooms, Mashed Potatoes Dinner Ravioli w/Sauce, Asparagus</p>	<p>22 Breakfast Mayo, Hard Boiled Egg, Bran Muffin Lunch Mediterranean Chicken Picatta, Zucchini, Rice Pilaf Dinner Beef Stroganoff, Casserole, Beets</p>	<p>23 Breakfast Cream of Wheat, Cheesy Egg Scramble, Hash Browns Lunch Roast Pork Loin, Carrots, Mashed Potato, Gravy Dinner Chicken Saltimbocca, Broccoli, Mashed Potato</p>	<p>24 Breakfast Banana, Oatmeal, Blueberry Pancakes, Maple Syrup, Sausage Lunch Sloppy Joe on a Bun, Corn Dinner Cranberry Glazed Turkey, Brussel Sprouts, Stuffing & Gravy</p>	<p>25 Breakfast Cream of Rice, Scrambled Egg, Danish Pastry Lunch Baked Haddock, Spinach, Sweet Potatoes, Roll Dinner Beef Stew, Beets, Dinner Roll</p>	<p>26 Breakfast Oatmeal, Pancake w/Berry Sauce, Toast Lunch Kielbasa, Mashed Potato, Sauerkraut Dinner Chicken Bruschetta w/Balsamic Glaze, Green Beans, Vegetable Rice Pilaf</p>	<p>27 Breakfast Cream of Wheat, Waffles, Sausage Lunch Ham Steak, Cauliflower, Sweet Potatoes Dinner Chicken Tenders, Vegetable of the Day, Rice</p>	
<p>28 Breakfast Oatmeal, Ham & Cheese Quiche Lunch Seafood Newburg, Broccoli, Rice Pilaf, Roll Dinner Pepper Steak, White Rice, Oriental Vegetables</p>	<p>29 Breakfast Banana, Cream of Rice, Blueberry Pancakes, Maple Syrup, Sausage Lunch Roast Pork w/Dijon Cream Sauce, Sweet Potatoes, Cape Cod Vegetables Dinner Spaghetti w/Meatballs & Red Sauce, Spinach</p>	<p>30 Breakfast Mayo, Scrambled Eggs, Toast, Bacon Lunch Chicken Supreme, Mixed Vegetable, Twice Baked Potato Dinner Stuffed Peppers, Wax Beans, Mashed Potatoes</p>	<p>31 Breakfast Cream of Wheat, Egg Soufflé, Coffee Cake Lunch Beef Tips w/Mushroom Gravy, Green Beans, Baked Potato Dinner Turkey a la King over Biscuit, Carrots</p>				