


JANUARY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<p>1 Breakfast Cream of Wheat, Waffles, Sausage Lunch Ham Steak, Cauliflower, Sweet Potatoes Dinner Chicken Tenders, Veg of The Day, Rice</p>
<p>2 Breakfast Oatmeal Ham and Cheese Quiche Lunch Swedish Meatballs, Egg Noodles, Broccoli Dinner Italian Sausage, Potatoes O'Brien, Carrots</p>	<p>3 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</p>	<p>4 Breakfast Mayo, Scrambled Eggs, Toast, Bacon Lunch Chicken Supreme, Mixed Vegetable, Baked Potato Dinner Stuffed Peppers, Wax Beans, Mashed Potatoes</p>	<p>5 Breakfast Cream of Wheat, Egg Soufflé, Coffee Cake Lunch Beef Tips, Green Beans, Baked Potato Dinner Rosemary Pork, Roasted Squash, Mashed Potato</p>	<p>6 Breakfast Oatmeal, French Toast, Sausage Lunch Baked Fish w/Lemon, Asparagus, Oven Browned Potatoes Dinner Meatloaf with Gravy, Scalloped Potatoes, Vegetable Medley</p>	<p>7 Breakfast Cream of Rice, Scrambled Eggs, Banana Muffin Lunch Tortellini Alfredo, Capri Vegetables, Italian Bread Dinner Creamy Mustard Chicken Thighs, Carrots, Baked Potato Wedges</p>	<p>8 Breakfast Mayo, Waffle with Berry Sauce Lunch Chicken Chasseur, Butternut Squash, Garlic Mashed Potato Dinner Pepperoni Pizza & Zucchini</p>
<p>9 Breakfast Oatmeal, Western Scrambled Eggs, Toast Lunch Meatloaf w/Gravy, Mashed Potatoes, Baby Carrots Dinner Chicken Pot Pie Winter Blend Vegetables</p>	<p>10 Breakfast Cream of Wheat, Pancake, Bacon, Maple Syrup Lunch Corned Beef and Cabbage Dinner, Turnips, Carrots, Boiled Potatoes Dinner Macaroni & Cheese, Capri Vegetables</p>	<p>11 Breakfast Mayo, Egg & Cheese Croissant Lunch Chicken Cacciatore, Zucchini, Spaghetti, Garlic Bread Dinner Roast Pork, Beets, Rice</p>	<p>12 Breakfast Banana, Oatmeal, Scrambled Egg, Toast Lunch Riblet with Sauce, Baby Carrots, Baked Beans Dinner Lasagna & California Blend</p>	<p>13 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>14 Breakfast Mayo, Cheesy Egg Scramble, White Toast Lunch Pork Pie, Corn Dinner Fish Nuggets, Tater Tots, Coleslaw</p>	<p>15 Breakfast Cream of Wheat, Egg Soufflé, Cranberry Muffin Lunch Beef Stroganoff over Egg Noodles, Brussel Sprouts Dinner Chicken Piccata, Capri Sausage & Cheese</p>
<p>16 Breakfast Oatmeal, Waffle, Bacon Lunch Shepherd's Pie, Mixed Vegetables, Corn Muffin Dinner Chicken Alfredo Tortellini, Broccoli</p>	<p>17 Breakfast Cream of Wheat, French Toast and Sausage Lunch Roast Pork, Braised Red Cabbage, Scalloped Potatoes Dinner Chicken Pot Pie, Butternut Squash</p>	<p>18 Breakfast Oatmeal, Scrambled Eggs, Hash Brown Potatoes Lunch Stuffed Cabbage, Mixed Vegetables, Mashed Potato Dinner Macaroni & Cheese</p>	<p>19 Breakfast Banana, Cream of Rice, French Toast, Bacon Lunch Roast Turkey Dinner, Butternut Squash, Mashed Potato, Stuffing, Cranberry Sauce Dinner Beef Stew & a Biscuit</p>	<p>20 Breakfast Western Haystack Eggs, Mayo, Wheat Toast Lunch Baked Haddock, Rice, Glazed Carrots Dinner Beef Tomato Cavatappi, Zucchini</p>	<p>21 Breakfast Cream of Wheat, Scrambled Eggs, Blueberry Coffee Cake Lunch Chicken Tenders, Green beans, Garlic Mashed Potatoes Dinner Shrimp Scampi, Penne Pasta, Mixed Vegetable</p>	<p>22 Breakfast Oatmeal, Pancake, Sausage Lunch Stuffed Shells, Garlic Toast & Italian Blend Dinner Meatloaf with Gravy, Broccoli, Red Skin Potatoes</p>
<p>23 Breakfast Oatmeal, French Toast & Sausage Lunch Honey Ginger Pork, Green Beans, Mashed Potatoes Dinner Seafood Oscar, Asparagus, Rice Pilaf</p>	<p>24 Breakfast Mayo, Hard Boiled Egg, Bran Muffin Lunch Mediterranean Chicken Piccata, Zucchini, Rice Pilaf Dinner Beef Stroganoff, Bow Tie Pasta, Beets</p>	<p>25 Breakfast Cream of Wheat, Cheesy Egg Scramble, Hash Brown Lunch Salisbury Steak, Italian Green Beans, Mashed Potato Dinner Chicken Cacciatore, Fettuccini, Zucchini</p>	<p>26 Breakfast Oatmeal, Blueberry Pancakes, Sausage Lunch Sloppy Joe on a bun, Corn Dinner Chicken Biscuit Casserole</p>	<p>27 Breakfast Cream of Rice, Scrambled Egg, Danish Pastry Lunch Baked Haddock, Spinach, Sweet Potatoes, Roll Dinner Beef Stew, Beets, Dinner Roll</p>	<p>28 Breakfast Oatmeal, Pancake with Berry Sauce, Toast Lunch Hot Dog in a bun, Coleslaw, Baked beans Dinner Chicken Parmesan, Orzo, Italian Blend Vegetables</p>	<p>29 Breakfast Cream of Wheat, Waffles, Sausage Lunch Ham Steak, Cauliflower, Sweet Potatoes Dinner Chicken Tenders, Veg of The Day, Rice</p>
<p>30 Breakfast Oatmeal Ham and Cheese Quiche Lunch Swedish Meatballs, Egg Noodles, Broccoli Dinner Italian Sausage, Potatoes O'Brien, Carrots</p>	<p>31 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</p>					

