



JANUARY

2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 	4 Baked Cod, Au Gratin potatoes, stewed tomatoes & green beans, bread, strawberry fruit & grain bar Cal 678	5 Turkey Patty w/ mushroom sauce, spinach, haluski, fruit cocktail, multi-grain bread. Cal 672	6 Cider Beef Stew w/ celery, onions, carrots & potatoes, brown rice, wheat roll medium orange Cal 714	7 Chicken Breast w/ lemon herb sauce gourmet potatoes, Italian green beans, wheat bread, banana Cal 613	8 Roast Beef w/ gravy, whipped potatoes, broccoli florets, dinner roll, Gala apple, oatmeal raisin cookie Cal 689	9
10	11 Pork w/thin gravy, butternut squash, cauliflower florets, wheat bread, Fuji apple, graham crackers Cal 620	12 Turkey w/gravy, spanish rice, carrot coins, wheat bread,, medium orange Cal 600	13 Beef Meatballs & bow ties /pasta sauce, mixed vegetables, Italian bread, pineapple cuts Cal 648	14 Birthday Menu Pepper Steak w/ tomatoes, whipped potatoes, beets, roll, jelly roll Cal 650	15 Chicken Breast w/ mushroom gravy, parsley potatoes, broccoli florets, bread, banana Cal 680	16
17	18 CLOSED 	19 Shredded BBQ Beef w/sauce , Midori vegetables, brown rice pilaf, wheat bun, Gala apple Cal 695	20 Cod w/lemon pepper, macaroni & cheese, Italian green beans w/red pepper, bread, orange Cal 642	21 Boneless chicken breast in marinara , broccoli florets, scalloped potatoes, dinner roll, banana Cal 616	22 Beef Meatloaf w/ gravy, garlic whipped potatoes, peas & pearl onions, rye bread, applesauce Cal 639	23
24	25 Hearty Beef Stew w/potatoes, carrots, onions & celery, Mexican blend, dinner roll, orange Cal 652	26 Chicken Breast w/ gravy, savory potatoes, peas & carrots, bread, apricots, 2 fig newtons Cal 673	27 Roast Beef w/ gravy, whipped potatoes, green & yellow beans w/ mushrooms, wheat bread, apple, graham crackers Cal 618	28 Turkey ala King, parsley potatoes, broccoli florets, honey raked wheat bread banana Cal 650	29 Spiral Pasta w/ turkey meat sauce, cooked spinach, wheat dinner roll, pineapple cuts & mandarin oranges Cal 600	30
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