



The Meadows of St. George

31	Jan 1	2	3	4	5	6
Salad Bar Swedish Meatballs Country Fried Steak/Gravy <i>or</i> Best Noodles Scandinavian Veg Baked Roll Chocolate Chip Cake	Salad Bar Herb Crusted Pork Roast Baked Tilapia Fillet <i>or</i> Parmesan Roasted Potatoes Seasoned Cauliflower Baked Roll White Poke Cake	Salad Bar Hamburger Steak/Onions Oven Fried Chicken <i>or</i> Sour Cream Potatoes Greens Baked Roll Ice Cream	Salad Bar Cheddar Crumb Cod Sweet and Sour Pork <i>or</i> Rice Pilaf Seasoned Peas Baked Roll Assorted Desserts	Salad Bar Beef Burgundy Cranberry Glazed Turkey Roast <i>or</i> Cornbread Dressing Roasted Parmesan Brussels Sprouts Baked Roll Pineapple Cake	Salad Bar Yankee Pot Roast Baked Salmon/Lemon Dill Sauce <i>or</i> Garlic Mashed Potatoes Baby Carrots Baked Roll Homemade Peach Pie	
7	8	9	10	11	12	13
Salad Bar Cheese Stuffed Chicken Breast Veal/Mushroom Sauce <i>or</i> Fresh Mashed Potatoes/Gravy Steamed Sugar Snap Peas Baked Roll Banana Pudding Poke Cake	Salad Bar Balsamic Roasted Pork Swiss Steak/Tomatoes <i>or</i> Baked Yams Herbed Corn Baked Roll Boston Cream Pie	Salad Bar Spaghetti/Meat Marinara Sauce Turkey Roast/Stuffing <i>or</i> Baked Potato Mixed Vegetables Baked Roll Graham Streusel Cake	Salad Bar Smothered Chicken Breasts Maple Marinated Pork Roast <i>or</i> Seasoned Brown Rice Capri Blend Baked Roll Cherry Chocolate Cake	Salad Bar Crunch-Topped Fish Ham and Gravy <i>or</i> Roasted Red Potatoes Green Beans Almondine Baked Roll Orange Cake	Salad Bar Meatloaf with Mozzarella Turkey Cutlets/Pan Gravy <i>or</i> O'Brien Potatoes Peas and Pearl Onions Baked Roll Cherry Crisp	Salad Bar Parmesan Crusted Chicken Tender Beef Roast <i>or</i> Herb Mashed Potatoes Oven Roasted Broccoli Baked Roll Grandma's Apple Pie
14	15	16	17	18	19	20
Salad Bar Herb Baked Chicken Bacon Tomato Quiche <i>or</i> Glazed Sweet Potatoes Green Beans Italian Baked Roll Homemade Carrot Cake	Salad Bar Classic Lasagna Grilled Catfish <i>or</i> Roasted Potato Medley Parmesan Peas Garlic Bread Peanut Butter Brownie	Salad Bar Crispy Pork Chops Beef Cube Steaks <i>or</i> Fresh Mashed Potatoes/Gravy Roasted Squash Baked Roll Assorted Desserts	Caesar Salad Ham Roast Coconut Shrimp/Marmalade Sauce <i>or</i> Baked Potato Seasoned Cauliflower Baked Roll Symphony Chocolate Cake	Salad Bar Honey Glazed Meatballs Tenderloin Steak and Grilled Shrimp <i>or</i> Rice Snap Pea Vegetable Blend Baked Roll Spiced Pear Cake	Salad Bar Mushroom and Swiss Chicken Corned Beef Brisket <i>or</i> Steamed Red Potatoes Country Trio Medley Baked Roll Caramel Apple Crisp	Salad Bar North Carolina Pork Roast Herbed Roast/Vegetables <i>or</i> Aloha Sweet Potatoes California Normandy Blend Baked Roll Lemon Meringue Pie
21	22	23	24	25	26	27
Salad Bar Rosemary Roasted Turkey Swiss Steak/Tomatoes <i>or</i> Fresh Mashed Potatoes Green Beans Baked Roll Homemade Strawberry Shortcake	Salad Bar Melt In Your Mouth Chicken Sausage and Peppers <i>or</i> Red Potatoes Mixed Vegetables Baked Roll Assorted Desserts	Salad Bar Pan Seared Tilapia Country Fried Steak/Gravy <i>or</i> Scalloped Potatoes Parsley Carrots Baked Roll Cherry Chocolate Cake	Salad Bar Beef Parmesan Patty BBQ Saint Louis Pork Ribs <i>or</i> Ranch Potato Bake Sautéed Zucchini Baked Roll Cheesecake/Fruit Topping	Salad Bar Grilled Chicken/Roasted Pepper Sauce Glazed Salmon <i>or</i> Rice Baked Seasoned Squash Baked Roll Assorted Desserts	Salad Bar Dilled Pork Roast Meatballs/Marinara Sauce <i>or</i> Baked Potato Corn on the Cob Baked Roll Rootbeer Float Cake	Salad Bar Zesty Meatloaf Easy Fried Chicken <i>or</i> Onion Roasted Potatoes Roasted Carrots Baked Roll Maple Bar
28	29	30	31	Feb 1	2	3
Salad Bar Cod/Garlic Butter Sauce Honey Curry Chicken Breast <i>or</i> Rice Pilaf Broccoli Baked Roll Peach Crisp	Cinnamon Fruit Cup Almond Crusted Pork Cutlet Turkey Piccata <i>or</i> Smashed Sweet Potatoes Corn Baked Roll Cream Pecan Cake	Salad Bar Salisbury Steak Breaded Pork Cutlet w Brown Gravy <i>or</i> Fresh Mashed Potatoes/Gravy Parsley Carrots Baked Roll Fresh Banana Cream Pie	Vegetable Pasta Salad Lemon Pepper Chicken Braised Pork <i>or</i> Lyonnais Potatoes Mixed Vegetables Baked Roll Assorted Desserts			