The Wentworth at The Meadows
Assisted Living & Memory Care

January 2020

The Meadows of St. George

30	31	Jan 1 Salad Bar Pork Chops and Kraut *or* Vegetable Lasagna Sour Cream Potatoes Baked Squash Fruit Crisp	2 Feta Garbanzo Bean Salad Baked Ham *or* Chicken with Tomato Mushroom Sauce Scalloped Potatoes Green Beans with Bacon Baked Roll Old Fasioned Custard Pie	3 Salad Bar Sweet Sour Meatballs *or* Parmesan Crusted Cod Rice Pilaf Snap Pea Vegetable Blend Glazed Lemon Pound Cake	4 Salad Bar Roasted Lemon Chicken *or* Corned Beef with Cabbage Wedge Red Potatoes Glazed Baby Carrots Vanilla Berry Trifle	5 Salad Bar Herbed Roast with Vegetables *or* Creamy Pork Chops AuGratin Potatoes Seasoned Cauliflower Fresh Banana Cream Pie
6 Salad Bar Philly Cube Steak *or* Rosemary Roasted Turkey Roasted Yams Capri Blend Autumn Spice Cake	7 Salad Bar Smothered Chicken Breasts *or* Kielbasa with Peppers Mashed Red Potatoes Herbed Corn Fresh Blueberry Pie	8 Salad Bar Lemon Garlic Fish *or* Citrus Glazed Ham Rice Pilaf Green Beans Fresh Coconut Cream Pie	9 Salad Bar Pepper Steak and Gravy *or* Swedish Meatballs Boiled Potatoes Baby Carrots Cheesecake with Fruit Topping	10 Salad Bar Chicken with Savory Cream Gravy *or* Salmon Fillet Parsley Egg Noodles Sauteed Yellow Squash Black Forest Cake	11 Salad Bar Country Style Pork Ribs *or* Steak Picante Fresh Mashed Potatoes Chef's Steamed Vegetable Apple Crisp	12 Salad Bar Meatloaf and Gravy *or* Chicken Cordon Bleu O'Brien Potatoes Mixed Vegetables Pumpkin Pie
13 Salad Bar Teriyaki Chicken *or* Tilapia with Savory Herb Butter Rice Honey Glazed Pea Pods and Carrots Cherry Crisp	14 Salad Bar Parmesan Pork Chops *or* Herb Roasted Turkey Sweet Baked Yams Baked Squash Cream Puffs	15 Salad Bar Seasoned Salisbury Steak *or* Brown Sugar Ham Twice Baked Potato Cauliflower and Carrots Banana Sheet Cake	16 Salad Bar Mushroom and Swiss Chicken *or* Kalua Roast Pork Fresh Mashed Potatoes and Gravy Roasted Brussels Sprouts Fresh Blueberry Pie	17 Salad Bar Breaded Cod *or* Beef Cube Steaks Rice Pilaf Chef's Steamed Vegetable Key Lime Pie	18 Salad Bar Traditional Lasagna *or* Sliced Turkey Breast Garlic Zucchini Saute Garlic Bread Spice Cake	19 Salad Bar Glazed Baked Ham *or* Pepper Beef Tips Baked Yams Chef's Steamed Vegetable Dutch Apple Pie
20 Green Salad Sour Cream Chicken *or* Shrimp Creole Garlic Pasta Capri Blend Cinnamon Coffee Cake	21 Green Salad Meatballs with Marinara Sauce *or* Seasoned Pot Roast Garlic Pasta Parmesan Green Beans Chocolate Oreo Poke Cake	22 Harvest Salad Roast Pork with Apples *or* Quiche Lorraine Lyonnaise Potatoes Buttered Squash Mixed Berry Crisp	23 Fresh Fruit Salad Hamburger Steak and Gravy *or* Chicken Vanderbilt Sour Cream Potatoes Parsley Carrots Butterscotch Bread Pudding	24 Pineapple Fruit Cup Tilapia Fillet *or* Shredded Pork Lemon Rice Spinach Polonaise Ice Cream Pudding Swirl	25 Green Salad Turkey Roast *or* Sirloin Steak Apple Sausage Stuffing Roasted Parmesan Brussels Sprouts Lazy Daisy Oatmeal Cake	26 Salad Bar Autumn Pot Roast *or* Lemon Pepper Salmon Garlic Mashed Potatoes Roasted Carrots Lemon Meringue Pie
27 Salad Bar Crispy Fried Chicken *or* Hamburger Steak and Onions Fresh Mashed Potatoes and Gravy Parsley Carrots Cherry Crisp	28 Salad Bar Pork Chops and Gravy *or* Country Fried Steak with Gravy Baked Yams Capri Blend Spiced Pear Cake	29 Salad Bar Turkey Meatloaf *or* Steak with Bordelaise Sauce Baked Potato Oven Roasted Cauliflower Banana Pudding	30 Salad Bar Marinated Pork Roast *or* Rosemary Ranch Chicken Fresh Mashed Potatoes and Gravy Brussels Sprouts Dump Cake	31 Salad Bar Cod Fillet with Lemon Sauce *or* Chicken Chow Mein Roasted Potato Medley Mixed Vegetables Chocolate Mousse	Feb 1	2