

## January 2020



## Tranquillity at Fredericktowne

29	30	31	Jan 1 Green Salad Homestyle Turkey and Gravy or Pork Chops and Kraut Cranberry Sage Dressing Buttery Carrots Baked Roll Fruit Cobbler	Sauce Scalloped Potatoes Green Beans with Bacon Baked Roll Soft Snickerdoodle	Green Salad Sweet Sour Meatballs  Or  Parmesan Crusted Cod Brown Rice Snap Pea Vegetable Blend Spring Egg Roll Glazed Lemon Pound Cake	Chicken Or Cajun Shrimp Pasta Red Potatoes Sauteed Spinach Baked Roll Vanilla Berry Trifle
Green Salad Honey Glazed Pork  or Herbed Roast with Vegetables AuGratin Potatoes Hawaiian Beets Fresh Banana Cream Pie	Green Salad Philly Cube Steak Or Rosemary Roasted Turkey Roasted Yams Capri Blend Baked Roll Pumpkin Angel Cake	Green Salad Smothered Chicken Breasts Or German Braised Sausage Mashed Red Potatoes Herbed Corn Baked Roll Blueberry Cobbler	Green Salad Lemon Garlic Fish  or Citrus Glazed Ham Rice Orzo Pilaf Green Beans Baked Roll Fresh Coconut Cream Pie	Green Salad Beef Patty with Mushroom Gravy  Or  Turkey Roast with Stuffing Boiled Potatoes Baby Carrots Baked Roll Eclair Pudding Cake	Green Salad Chicken with Savory Cream Gravy Or Salmon with Honey Thyme Sauce Parsley Egg Noodles Sauteed Yellow Squash Baked Roll Black Forest Poke Cake	Green Salad Country Style Pork Ribs Or Steak Picante Potato Salad Collard Greens Peanut Butter M&M Cookies
Green Salad Meatloaf and Gravy  or Feta Chicken O'Brien Potatoes Mixed Vegetables Baked Roll Pumpkin Pie	Green Salad Tilapia with Tomato Cream Sauce Or Chicken Cordon Bleu Brown Rice Honey Glazed Pea Pods and Carrots Baked Roll Apple Cobbler	Green Salad Bread Crumb Pork Chop Or Herb Roasted Turkey Sweet Baked Yams Scandinavian Veg Baked Roll Lemon Cream Cake	Green Salad Seasoned Salisbury Steak  Or Ham with Raisin Sauce Twice Baked Potato Casserole Cauliflower and Carrots Banana Split Dessert	Green Salad Hot Pork Gravy  Or  Buttermilk Fried Chicken Fresh Mashed Potatoes and Gravy Succotash Fresh Cornbread Fresh Blueberry Pie	Green Salad Grilled Cod with Lemon Dill Sauce Or Spanish Cubed Steak Rice Pilaf Chef's Steamed Vegetable Baked Roll Key Lime Pudding	Green Salad Traditional Lasagna or Sliced Turkey Breast Parmesan Peas Garlic Bread Buttermilk Spice Cake
Green Salad Glazed Baked Ham  or Pepper Steak Baked Yams Seasoned Cabbage Baked Roll Dutch Apple Pie	Green Salad Shrimp Creole  Or Melt In Your Mouth Chicken Fresh Mashed Potatoes and Gravy Capri Blend Baked Roll Blueberry Coffee Cake	Green Salad Meatballs with Marinara Sauce Or Lemon Oregano Turkey Garlic Pasta Parmesan Green Beans Garlic Bread Chocolate Oreo Poke Cake	Green Salad Roast Pork with Apples or Quiche Florentine Lyonnaise Potatoes Mixed Vegetables Baked Roll Assorted Cookies	Green Salad Marinated Chicken and Rice or Orange Teriyaki Beef Rice Pasta Pilaf Parsley Carrots Butterscotch Bread Pudding	Green Salad Flounder Fillet  Or Shredded Pork Lemon Rice Southern Coleslaw Baked Roll Ice Cream	Green Salad Turkey Roast  Or Sirloin Steak Apple Sausage Stuffing Roasted Parmesan Brussels Sprouts Baked Roll Lazy Daisy Oatmeal Cake
Green Salad Autumn Pot Roast Or Lemon Pepper Salmon Garlic Mashed Potatoes Roasted Carrots Baked Roll Lemon Meringue Pie	Green Salad Roasted Chicken Legs or Veal Marsala Seasoned Rice Lemon Buttered Broccoli Baked Roll Apple Crisp	Green Salad Pork Chops and Gravy  Or  Country Fried Steak with Gravy Baked Yams Capri Blend Baked Roll Homemade Carrot Cake	Green Salad Bacon and Cheese Chopped Steak  Or Cranberry Glazed Turkey Roast Baked Potato Oven Roasted Cauliflower Baked Roll Cranberry Pumpkin Cookie	Green Salad Pesto Chicken  or  Italian Sausage Links and Sauce with Rice Lemon Pasta Green Beans Baked Roll Vanilla Fruit Pudding	Green Salad Cod Fillet with Lemon Sauce Or Ham with Pineapple Sauce Roasted Potato Medley Spinach Baked Roll White Cake	Feb 1