



29	30	31	Jan 1	2	3	4
			Fresh Spinach Cheese Salad Pork Chops and Kraut <i>or</i> Baked Chicken with Garlic and Herbs Scalloped Potatoes Buttery Carrots Fruit Cobbler	Feta Garbanzo Bean Salad Baked Ham <i>or</i> Cranberry Glazed Turkey Roast Cranberry Sage Dressing Green Beans with Bacon Pumpkin Pie	Carrot Raisin Salad Sweet Sour Meatballs <i>or</i> Parmesan Crusted Cod Brown Rice Snap Pea Vegetable Blend Glazed Lemon Pound Cake	Green Salad Roasted Lemon Chicken <i>or</i> Corned Beef with Cabbage Wedge Red Potatoes Sauteed Spinach Vanilla Berry Trifle
5	6	7	8	9	10	11
Cottage Cheese and Fruit Honey Glazed Pork <i>or</i> Herbed Roast with Vegetables AuGratin Potatoes Hawaiian Beets Blueberry Zucchini Bread	Green Salad Rosemary Roasted Turkey <i>or</i> Club Steak with Country Gravy Roasted Yams Capri Blend Chocolate Chip Cookie	Broccoli Raisin Salad Smothered Chicken Breasts <i>or</i> German Braised Sausage Mashed Red Potatoes Herbed Corn Blueberry Cobbler	Select Orange Salad Lemon Garlic Fish <i>or</i> Citrus Glazed Ham Parmesan Orzo Green Beans Fresh Coconut Cream Pie	Cranberry Applesauce Pepper Steak and Gravy <i>or</i> Leg of Lamb Boiled Potatoes Baby Carrots Pumpkin Pie	Carrot Raisin Salad Chicken with Savory Cream Gravy <i>or</i> Salmon with Honey Thyme Sauce Parsley Egg Noodles Sauteed Yellow Squash Fresh Banana Cream Pie	Tropical Pear Salad Country Style Pork Ribs <i>or</i> Steak Picante Baked Macaroni Cheese Chef's Steamed Vegetable Pineapple Parfait
12	13	14	15	16	17	18
Fruited Jello Salad Meatloaf and Gravy <i>or</i> Feta Chicken O'Brien Potatoes Mixed Vegetables Pumpkin Pie	Green Salad Teriyaki Chicken <i>or</i> Catfish Nuggets Brown Rice Honey Glazed Pea Pods and Carrots Apple Cobbler	Pineapple Cucumber Salad Herb Roasted Turkey <i>or</i> Pork Cutlet with Gravy Sweet Baked Yams Scandinavian Veg Lemon Cream Cake	Four Bean Salad Seasoned Salisbury Steak <i>or</i> Ham with Raisin Sauce Baked Potato Skillet Cabbage Banana Split Dessert	Orange-Kiwi Salad Hot Pork Gravy <i>or</i> Baked Lemon Chicken Penne Pasta Roasted Brussels Sprouts Fresh Blueberry Pie	Carrot Raisin Salad Grilled Cod with Lemon Dill Sauce <i>or</i> Herb Flavored Steak Rice Pilaf Chef's Steamed Vegetable Lemon Pudding	Green Salad Lasagna <i>or</i> Sliced Turkey Breast Mashed Potatoes Garlic Zucchini Saute Garlic Bread Chocolate Eclairs
19	20	21	22	23	24	25
Cottage Cheese and Fruit Glazed Baked Ham <i>or</i> Pepper Steak Baked Yams Seasoned Cabbage Dutch Apple Pie	Garden Green Salad Bourbon Chicken <i>or</i> Shrimp Creole Ranch Potato Bake Capri Blend Cheesecake	Orange Cottage Salad Meatballs with Marinara Sauce <i>or</i> Lemon Oregano Turkey Garlic Pasta Parmesan Green Beans Chocolate Oreo Poke Cake	Pineapple Fruit Cup Roast Pork with Apples <i>or</i> Lemon Garlic Fish Savory Rice Buttered Squash Mixed Berry Crisp	Fresh Fruit Salad Hamburger Steak with Gravy <i>or</i> Chicken and Ham with Mushroom Topping Sour Cream Potatoes Parsley Carrots Butterscotch Bread Pudding	Carrot Raisin Salad Shredded Pork <i>or</i> Baked Salmon with Creamy Avocado Sauce Lemon Rice California Normandy Blend Ice Cream Pudding Swirl	Green Salad Turkey Roast <i>or</i> Sirloin Steak Apple Sausage Stuffing Green Beans <i>or</i> Sauteed Onions Lazy Daisy Oatmeal Cake
26	27	28	29	30	31	Feb 1
Green Salad Autumn Pot Roast <i>or</i> Lemon Pepper Salmon Garlic Mashed Potatoes Roasted Carrots Apple Crisp	Cottage Cheese and Fruit Roasted Chicken Legs <i>or</i> Lamb Stew Seasoned Rice Lemon Buttered Broccoli Butterscotch Pudding	Creamy Coleslaw Pork Chops and Gravy <i>or</i> Country Fried Steak with Gravy Baked Potato Capri Blend Spiced Pear Cake	Cottage Cheese and Fruit Bacon and Cheese Chopped Steak <i>or</i> Cranberry Glazed Turkey Roast Baked Potato Oven Roasted Cauliflower Baked Roll Banana Crumb Cake	Arugula Caesar Salad Pesto Chicken <i>or</i> Pork Roast with Mustard Sauce Lemon Pasta Green Beans Lemon Meringue Pie	Carrot Raisin Salad Cod Fillet with Lemon Sauce <i>or</i> Ham with Pineapple Sauce Roasted Potato Medley Spinach White Cake	