

## January Noon Meal

| Sunday                              | Monday                         | Tuesday                  | Wednesday                   | Thursday                | Friday                                    | Saturday                               |
|-------------------------------------|--------------------------------|--------------------------|-----------------------------|-------------------------|---|--|
| heeseburger w/Bun 3<br>otato Wedges | 1                              |                          |                             |                         | Creamy Tuna Pasta 1<br>Roasted Vegetables | Country Fried Steak<br>Mashed Potatoes |
| Pudding                             |                                |                          |                             |                         | Garlic Toast                              | Country Gravy                          |
|                                     |                                |                          |                             |                         | Strawberry Marshmallow Dessert            | Carrots                                |
|                                     |                                |                          |                             |                         |   | Ice Cream                              |
| rk Loin w/Herbs                     | Beef Tips w/Mushroom Sauce 4   | Chicken w/Lemon Pepper   | 5 Pork BBQ Riblette 6       | Baked Ham               | 7 Battered Fish 8                         | Chicken Marsala                        |
| asted Potatoes                      | Parsley Egg Noodles            | Steamed Rice             | Tater Tots                  | Baked Potato            | Lyonnaise Potatoes                        | Mashed Potatoes w/Gravy                |
| ttered Carrots                      | Winter Squash                  | Peas & Carrots           | Coleslaw                    | Seasoned Green Beans    | Coleslaw                                  | Seasoned Zucchini                      |
| nner Roll                           | Biscuit                        | Dinner Roll              | Vanilla Pudding             | Bread                   | Hushpuppies                               | Bread                                  |
| ker's Choice Pie                    | Assorted Fruit Cup             | Fruit Jello & Topping    |                             | Glazed Lemon Cake       | Yellow Cake                               | Ice Cream                              |
| ast Beef 1                          | 0 Turkey Tetrazzini 11         | Beef Chopped Steak       | 12 Chicken BBQ 1            | Baked Ziti              | 14 Crumb-Topped Fish 15                   | Pork Pot Roast                         |
| ked Potato                          | Buttered Green Beans           | w/Mushrooms              | Macaroni & Cheese           | Mixed Vegetables        | Rice Pilaf                                | Carrots/Potatoes                       |
| occoli w/Cheese                     | Bread                          | Mashed Potatoes w/Gravy  | Baked Beans                 | Garlic Bread            | Buttered Corn                             | Brussel Sprouts                        |
| nner Roll                           | Pineapple Upside Down Cake     | Buttered Carrots         | Cornbread                   | Fruit Salad             | Hushpuppies                               | Biscuit                                |
| uit Pie                             |                                | Bread<br>Vanilla Pudding | Peanut Butter Bar           |                         | Lemon Bar                                 | Angel Food Cake                        |
| asted Turkey 1                      | 7 Beef Stroganoff 1            | B Glazed Ham             | 19 Chicken and Dumplings 20 | 0 Meatloaf              | 21 Lasagna 22                             | Pork Medallions                        |
| ashed Potatoes w/Gravy              | Buttered Noodles               | Scalloped Potatoes       | Tossed Salad w/Dressing     | Mashed Potatoes w/Gravy | Ratatouille                               | Steamed Rice                           |
| ndied Carrots                       | California Vegetable Blend     | Roasted Vegetables       | Buttered Green Beans        | Roasted Vegetables      | Roasted Vegetables                        | Oriental Vegetables                    |
| nner Roll                           | Bread Sticks                   | Bread                    | Biscuit                     | Bread                   | Garlic Bread                              | Bread                                  |
| ple Pie                             | Fruit Crisp                    | Banana Split Dessert     | Chilled Fruit Cup           | Iced Poke Cake          | Orange Cake                               | Assorted Fruit Cup                     |
| othered Beef Cube Steak 2           | 4 Turkey Open Faced Sandwich 2 | 5 Philly Steak on Bun    | 26 Fried Chicken 2          | 7 Chicken Breast Filet  | 28 Fish w/Lemon Pepper 29                 | Sweet & Sour Chicken                   |
| ashed Potatoes w/Gravy              | Mashed Potatoes w/Gravy        | Potato Chips             | Garlic Mashed Potatoes      | Au Gratin Potato        | Fried Rice                                | Rice                                   |
| een Bean Casserole                  | Mixed Vegetables               | Steamed Peppers & Onions | Scalloped Corn              | Vegetable Blend         | Vegetables                                | Oriental Vegetables                    |
| nner Roll                           | Bread                          | Bread                    | Bread                       | Bread                   | Bread                                     | Egg Roll                               |
| uit Pie                             | Fruited Jello                  | Yellow Cake              | Baked Apple                 | Pineapple Chunks        | Apple Turnover                            | Mandarin Oranges                       |



202 35th St Dr SE | Cedar Rapids, IA 52403 | (319) 362-3630 | GarnettPlace.net



## **January Evening Meal**

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|--|--|---|--|--|--|
| lam and Beans<br>Cornbread<br>Tossed Salad<br>Applesauce                     | 31   |  |   |  | Pork Burger w/Bun<br>Baked Beans<br>Potato Chips<br>Pears                                    | 1 Taco Salad<br>Cornbread<br>Mandarin Oranges  |
| Funa Salad Sandwich<br>Soup of the Day<br>Cup of Fruit<br>Carrot Cake        | 3 Grilled Cheese Sandwich<br>Tomato Soup w/Crackers<br>Potato Chips<br>Chocolate Tart        | 4 Pulled Pork Sandwich<br>Baked Beans<br>Coleslaw<br>Baked Apple                       | 5 Deli Sandwich<br>Chicken Noodle Soup w/Crackers<br>Cottage Cheese<br>Assorted Cookies             | Chicken Patty Sandwich<br>French Fries<br>Tossed Salad w/Dressing<br>Pears           | 7 Hot Dog w/Bun<br>Potato Salad<br>Italian Green Beans<br>Brownie                            | 8 Cheeseburger w/Bun<br>Potato Chips<br>Three Bean Salad<br>Seasonal Fresh Fruit               |
| Chicken Tenders<br>Caesar Salad<br>Cucumber Tomato Salad<br>Bread<br>Peaches | 10 Baked Ham<br>Hashbrown Casserole<br>Vegetable Blend<br>Bread<br>Cake/Icing                | 11Polish Sausage1PierogiesSauerkrautButtered CornBreadAssorted Fruit Cup               | 2 Manicotti 13<br>Tossed Salad w/Dressing<br>Italian Green Beans<br>Bread<br>Cream Pie              | Tuna Noodle Casserole 1<br>Peas<br>Cottage Cheese w/Fruit Plate<br>Bread<br>Sherbet  | 4 Cheeseburger w/Bun<br>Potato Wedges<br>Pasta Salad<br>Fruit Cocktail                       | 15 Chili<br>Baked Potato<br>Tossed Salad w/Dressing<br>Cornbread<br>Peaches & Cream            |
| Egg Salad Sandwich<br>Pasta Salad<br>Potato Chips<br>Apricot Halves          | 17 Chicken Fried Steak<br>Mashed Potatoes w/Gravy<br>Brussel Sprouts<br>Bread<br>Diced Pears | 18Bratwurst w/Bun1Macaroni SaladCottage Cheese w/Fruit PlateBreadChocolate Chip Cookie | 20 Pasta w/Meat Sauce<br>Caesar Salad<br>Italian Green Beans<br>Garlic Bread<br>Pudding             | Deli Sandwich<br>Potato Salad<br>Broccoli Raisin Salad<br>Assorted Cookies           | 1 Hamburger w/Bun<br>Baked Beans<br>Coleslaw<br>Bread<br>Rice Krispy Bar                     | 22 Meatball Hoagie<br>Tossed Salad w/Dressing<br>Buttered Green Beans<br>Bread<br>Cake/Icing   |
| Softshell Taco<br>Fater Tots<br>Spanish Rice<br>Bread<br>Fres Leches Cake    | 24 Patty Melt<br>Side Salad<br>Green Pea Salad<br>Bread<br>Rice Pudding                      | 25 Chicken Pot Pie 2<br>Tossed Salad w/Dressing<br>Apple Salad<br>Baked Cookies        | 26 Swedish Meatballs w/Gravy 27<br>Buttered Noodles<br>Mixed Vegetables<br>Bread<br>Vanilla Pudding | 2 Chicken Tenders 2<br>Grits<br>California Vegetable Blend<br>Bread<br>Fruit Cobbler | 8 Beef Burgundy w/Noodles<br>Polenta<br>Seasoned Broccoli<br>Breadsticks<br>Jell-O Poke Cake | 29 Ham and Beans<br>Caesar Salad<br>Italian Green Beans<br>Cornbread<br>Sour Cream Orange Cake |



202 35th St Dr SE | Cedar Rapids, IA 52403 | (319) 362-3630 | GarnettPlace.net