

# January 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

\*Menu is subject to change

L: Ham, sweet potato, 1  
mixed vegetable, roll,  
apple pie  
D: Grilled chicken  
sandwich, potato salad,  
ice cream

L: Beef chopped 2  
steak, mashed  
potatoes, gravy, peas,  
roll, cake  
D: Lasagna, salad, garlic  
bread, apple sauce

L: Spaghetti w/ 3  
meatballs, green  
beans, garlic bread,  
pudding  
D: Turkey ranch wrap,  
French fries, pineapple

L: Country fried steak, 4  
mashed sweet potato,  
mixed veg, lemon bar  
D: Pulled pork, mashed  
potatoes, cornbread,  
strawberries

L: Meatloaf, baked 5  
potato, carrots, peach  
crisp  
D: Salisbury steak,  
mashed potatoes,  
brussels sprouts, fruited

L: Hot beef sandwich, 6  
broccoli, ice cream  
cones  
D: Soup, 1/2 sandwich,  
mandarin oranges, ice  
cream

L: Fish, rice, salad 7  
bar, rice krispy bar  
D: Swedish meatballs,  
buttered noodles, mixed  
vegetable, cookie

L: Turkey, mashed 8  
potatoes & gravy,  
spinach, roll, apple crisp  
D: Sloppy joe, corn,  
onion rings, brownie

L: Fried chicken, 9  
mashed potatoes,  
carrots, roll, carrot cake  
D: BLT, french fries,  
chocolate chip cookie

L: Pork chop w/ 10  
gravy, white rice,  
broccoli, cake  
D: Chicken tenders,  
coleslaw, sweet potato  
fries, pudding

L: Roast beef, mashed 11  
potatoes w/ gravy,  
zucchini, roll, blondie  
D: Turkey & swiss melt,  
chicken noodle soup, ice  
cream

L: Chicken breast, 12  
baked potato, peas &  
carrots, roll, cheesecake  
D: Egg salad on a  
croissant, chips, cream  
pie

L: Beef tips w/ gravy, 13  
buttered noodles,  
broccoli, garlic bread,  
brownie  
D: Grilled chicken wrap,  
side salad, fruited jello

L: Shrimp, 14  
asparagus, mashed  
potatoes, pecan pie  
D: Cheese pizza, fresh  
fruit, ice cream

L: Spaghetti w/ meat 15  
sauce, green beans,  
breadstick, strawberry  
shortcake  
D: Loaded baked pot, soup,  
1/2 sandwich, cookie

L: Country fried 16  
steak, mashed  
potatoes, peas, red  
velvet cake  
D: Roast beef & swiss  
melt, soup, ice cream

L: Chicken alfredo, 17  
green beans,  
breadstick, pie  
D: Hot turkey sandwich,  
mixed veg. fresh fruit

L: Tater tot 18  
casserole, squash,  
roll, poke cake  
D: Goulash, side salad,  
garlic bread, ice cream

L: Pork, au gratin 19  
potatoes, green bean  
casserole, roll, Oreo fluff  
D: Rueben, soup, cookie

L: Cheeseburger, 20  
lettuce, tom, onion,  
chips, salad bar, ice  
cream  
D: BBQ pork riblette,  
tater tots, coleslaw, cake

L: Fish, french fries, 21  
coleslaw, lemon bar  
D: Tuna noodle  
casserole, broccoli,  
breadstick, brownie

L: Ravioli, green 22  
beans, garlic bread,  
sherbet  
D: Sweet & sour chicken,  
fried rice, egg roll, fortune  
cookie

L: BBQ chicken 23  
legs, carrots,  
macaroni & cheese, pie  
D: Roast beef, diced  
potatoes, broccoli, parfait

L: Pork loin, corn 24  
casserole, salad bar,  
roll, cheesecake  
D: Turkey club, pasta  
salad, soup, cookie

L: Hot beef 25  
sandwich, peas &  
carrots, fruit fluff  
D: Hot dog, sweet potato  
fries, ice cream

L: Ribs, coleslaw, 26  
macaroni and  
cheese, fruit cobbler  
D: Cabbage rolls, rice,  
cake

L: Pot roast, carrots, 27  
potatoes, onions,  
gravy, roll, lemon cake  
D: Chicken breast, rice,  
mixed veg. roll, cookie

L: Shrimp, baked potato, 28  
salad bar, ice cream  
D: Salisbury steak, diced  
potatoes, broccoli,  
strawberries w/ whipped  
topping

L: Meatloaf, mashed 29  
potatoes, green  
beans, rice krispy bar  
D: Chili dog, potato  
chips, salad, fruit cocktail

L: Fried chicken, 30  
mashed potatoes,  
corn, roll, brownie  
D: Red pepper  
casserole, breadstick,  
ice cream

L: Turkey, stuffing, 31  
corn, roll, Oreo fluff  
D: Country fried steak,  
mashed sweet potato,  
brussels sprouts, roll, ice  
cream