



MENU - JANUARY 2022

Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
Roasted Chicken, Rice, String Beans, Blueberry Crisp	Lemon Fusilli w/ Chicken & cheese Broccoli, Asparagus, and Tomatoes, Salad, Bread, Fruit Salad	Turkey Wrap w/ Stuffing, Cranberry Sauce, Salad, Ice Cream & Fruit	Salad, Cod w/ Lemon Noodles, Broccoli Almondine, Apple cake	Pork and Veggie Stir Fry, Rice, Chocolate Cookie and Fruit
10	11	12	13	14
Ham Salad Sandwich, Bean Salad, Chocolate Chip Cookie and Fruit	Bolognese, Salad, Bread, Fruit	Turkey Soup, Salad, Roll, Cranberry Apple Cake	Pork Chops, Applesauce, Egg Noodles, Broccoli, Fruit Salad	Baked BBQ Chicken Breast, Loaded Potato Salad, Mixed Green Salad w/ Quinoa, Tomatoes and Croutons, Corn Bread,
17	18	19	20	21
CLOSED Martin Luther King Jr. Day	New England Style Clam Chowder, Whole Wheat Pesto Flatbread, Mixed Green Salad, Fruit Salad, Cheese Cake	Salisbury Steak w/ Mushroom and Onion Gravy, Roasted Red Potatoes w/ Fresh Herbs and Butter, Tossed Green Salad w/ Italian Dressing, Whole Grain Roll, Fresh Fruit	Chicken Parmesan, Garlic Herb Angel Hair Pasta, Stewed Green Beans, Caesar Salad, Whole Grain Roll, Angel Food Cake	BLT, Chef's Choice Soup, Cottage Cheese, Fruit
24	25	26	27	28
Char Su Pork Loin, Steamed Brown Rice, Mixed Stir Fry, Vegetables, Sesame Ginger Slaw, Coconut Cream Pie	White Lasagna w/ Mushrooms, Spinach, Kale, Sun-dried Tomatoes Tossed Green Salad, Multigrain Garlic Bread, Cinnamon Bundt Cake	Mothers Meat Loaf, Mashed Potatoes & Gravy, Maple Glazed Carrots, Dinner Roll, Iced Blueberry Bars	Birthday Day 26 Chicken & Dumplings Stew w/ Carrots, Peas and Corn, Mixed Green Salad, Whole Grain Roll, Fresh Fruit, Cake & Ice Cream	Baked Mahi Mahi w/ Mango Salsa, Curried Brown Basmati Rice w/Almonds and Golden Raisins, Sautéed Sweet Peppers, Naan Bread, Apple Tart
31				
Chicken Apple Sausage w/ Loaded Potato Salad (peas, celery, egg, carrot, scallions), Roasted Beet Salad, Whole Grain Roll, Chocolate Bundt Cake			RESERVATIONS REQUESTED FOR ALL MEALS menu subject to change based upon product availability.	2% milk, juice, coffee, tea with all meals