

CONGREGATE MEALS January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Milk, Bread or Rolls are available everyday	CLOSED 	Meatloaf Mashed Potatoes & Gravy Roasted Carrots, Corn	Turkey Sweet Potatoes, Mashed Potatoes Bread Dressing	Tostada Refried Beans Spanish Rice Corn
7	8	9	10	11
Sweet-N-Sour Pork Fried Rice Broccoli	Honey Dijon Chicken Wild Rice Pilaf Brussels Sprouts w/ Pomegranate & Lemon Dressing or Roasted Carrots	Beef Fajita Refried Beans Fried Rice Broccoli	Baked Ham Scalloped Potatoes Spinach, Cabbage	Meatloaf Mashed Potatoes & Gravy Roasted Carrots, Brussels Sprouts
14	15	16	17	18
Chicken Fajita Fried Rice Broccoli	BBQ Beef Brisket Potato Salad Pinto Beans	Roasted Chicken Rice Pilaf Roasted Carrots w/ Caraway & Coriander or Roasted Asparagus w/ Almonds and Asiago	Turkey Sweet Potatoes Mashed Potatoes Bread Dressing	Beef Stroganoff Egg Noodles Green Beans
21	22	23	24	25
Stuffed Shells w/ Meat Roasted Brussels Sprouts or Spinach Garlic Bread	Teriyaki Chicken Stir-fry Broccolini, Bok Choy, Leeks, Parsnips Rice	Spaghetti / Italian Sausage Green & Yellow Bell Peppers, Zucchini Garlic Bread	Walnut Crust Pork Boiled Potatoes Cheesy Cauliflower	Shrimp Scampi Herbed Pasta Zucchini w/ butter & Parmesan Cheese
28	29	30	31	
Chicken Marsala Quinoa Pilaf, Steamed Broccoli Egg Rolls, Rice	Beef Tacos Spanish Rice Lettuce, Tomatoes, Onions	Roast Pork Mashed Potatoes & Gravy Roasted Carrots, Brussels Sprouts	Roast Beef Mashed Potatoes Green Beans	Meals are served 12 — 1:30 p.m. \$7 for seniors 60+ Suggested donation \$15 for guests under 60