



January 2023 Menu Selections



<i>SUNDAY, January 1</i>	<i>MONDAY, January 2</i>	<i>TUESDAY, January 3</i>	<i>WEDNESDAY, January 4</i>	<i>THURSDAY, January 5</i>	<i>FRIDAY, January 6</i>	<i>SATURDAY, January 7</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Scone Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea Pepperoni French Bread Pizza Fresh Garden Salad On the Side OR Waldorf Chicken Salad with Fresh Apples, Craisins and Toasted Almonds Tapioca Pudding	Cream of Broccoli Broccoli & Cheddar Cheese Quiche w/ Fresh Fruit Salad On the Side OR Roast Beef Sandwich w/ Horseradish Sauce, Three Bean Salad & Potato Chips Chocolate Cream Pie	Tuscan Bread Avocado, Bacon Turkey Burger with Sweet Potato Fries and Coleslaw OR Chef's Salad Platter with Your Choice of Dressing Crackers On the Side Carrot Cake	Manhattan Clam Chowder Baked Cheese Enchiladas with Rice Pilaf and Sour Cream OR Italian Submarine Sandwich with Homemade Macaroni Salad & Pickles Sliced Peaches	Potato Leek Buffalo Chicken Wrap with Celery Apple Salad and Potato Cdhips OR Homemade Egg Salad Platter Crackers On the Side Banana Parfait	Beef Barley BBQ Pulled Pork Sandwich with Corn Niblets and Pickles OR Cranberry, Apple Turkey Salad with Toasted Walnuts and Berry Vinaigrette Pound Cake a la Mode	Hearty Vegetable Chicken Tenders with Honey Mustard, French Fries and Coleslaw OR Shrimp Caesar Salad with Homemade Croutons and Parmesan Cheese Lemon Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Turkey and Wild Rice Garden Salad Yankee Pot Roast OR Cod Loin with Tartar Sauce <i>Side Dishes:</i> Yukon Gold Mash Potatoes Glazed Carrots Steamed Peas Oatmeal Raisin Cookies	Escarole and White Bean Honey Wheat Dinner Roll Chicken Deluxe OR Pot Stickers <i>Side Dishes:</i> Rice Pilaf Green Beans Pearl Onions Homemade Ambrosia	Chicken Noodle Garlic Bread Spaghetti and Meatballs OR Glazed Salmon Filet <i>Side Dishes:</i> Scalloped Potatoes Baby Spinach Tartar Sauce NAS Chocolate Pudding	Butternut Squash Apple Sauce Pork Florentine OR Tortellini Alfredo <i>Side Dishes:</i> Candied Yams Sauteed Cabbage Harvard Beets Cheesecake	Minestrone Garden Salad Homemade Beef Stew OR Stuffed Filet of Sole <i>Side Dishes:</i> Baked Potato w/ Sour Cream Broccoli Florets Honey Wheat Dinner Rolls Boston Cream Pie	Carrot Dill Tartar Sauce Pan Seared Crab Cakes OR Homemade Lasagna <i>Side Dishes:</i> Au Gratin Potatoes Sauteed Zucchini Garlic Bread Snickerdoodles	Turkey and Orzo Cornbread Sweet and Sour Pork OR Chili Con Carne <i>Side Dishes:</i> Steamed Basmati Rice Peppers and Onions Garden Peas Ice Cream Sandwich



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<i>SUNDAY, January 8</i>	<i>MONDAY, January 9</i>	<i>TUESDAY, January 10</i>	<i>WEDNESDAY, January 11</i>	<i>THURSDAY, January 12</i>	<i>FRIDAY, January 13</i>	<i>SATURDAY, January 14</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Coffee Cake Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Blueberry Filled Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea	Turkey Noodle	New England Chowder	Hearty Potato	Pasta Fagioli	Potato Leek	Chicken Noodle
Hamburger Wrap with Onion Rings, Lettuce, Tomato and Pickles OR Iceberg Wedge Salad with Blue Cheese Dressing and Grilled Chicken	Zesty Chicken Sandwich w/ Ranch Dressing, Cucumber Salad and Potato Chips OR Asian Shrimp Salad with Mandarin Oranges & Wonton Noodles	Stuffed Baked Potato with Bacon & Cheddar Cheese Tossed Salad On the Side OR Tuna on Whole Grain Bread Lettuce, Tomato, Three Bean Salad & Potato Chips	Spring Rolls w/ Dipping Sauce Stir Fried Rice, Egg Roll & Fortune Cookie OR Turkey Club Sandwich w/ Homemade Celery Apple Salad and Pickles	Macaroni and Cheese with Glazed Carrots and Steamed Peas OR Homemade Chicken Salad on Croissant w/ Beet Salad and Potato Chips	Taco Salad Bowl with Ground Beef, Salsa, Guacomole and Sour Cream OR B.L.T. Sandwich with Homemade Potato Salad and Pickles	Cheese Raviolis w/ Marinara Sauce, Parmesan Cheese and Garlic Bread OR Hot Pastrami on Rye with Mustard, Homemade Macaroni Salad & Pickles
Cannolis	Sugar Free Fruited Jello	Fruit of the Forest Pie	Macadamia Nut Cookies	Pumpkin Spice Cookies	Cranberry Orange Cookies	Ice Cream Cone
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
White Bean and Spinach Tartar Sauce	Mushroom Barley Garlic Bread	Chicken Broth and Noodles Cornbread	Beef Vegetable Garden Salad	Chicken and Rice Tartar Sauce	Turkey and Orzo Garden Salad	Minestrone Fresh Fruit Salad
Sole Almondine OR Liver and Onions <i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Honey Wheat Dinner Roll	Pasta a la Bolognese OR Broiled Haddock <i>Side Dishes:</i> Boiled Potatoes Sauteed Zucchini Corn Niblets	BBQ Pork Chops OR Arancini w/ Marinara Sauce <i>Side Dishes:</i> Baked Sweet Potato Broccoli Florets Coleslaw	Meatloaf with Gravy OR Cheese Pizza <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Green Beans	Lemon Garlic Tilapia OR Penne a la Vodka <i>Side Dishes:</i> Baked Potato Baby Spinach Stewed Tomatoes	Chicken Piccata OR Baked Cod Loin <i>Side Dishes:</i> Rice Pilaf Fire Roasted Vegetables Honey Wheat Dinner Roll	Stuffed Cabbage OR Honey Glazed Salmon <i>Side Dishes:</i> Au Gratin Potatoes Garden Peas Tartar Sauce
Sliced Pears	Chocolate Chip Cookies	Peaches and Cream	Butterscotch Pudding	Sliced Apricots	Rice Pudding	Chocolate Cake



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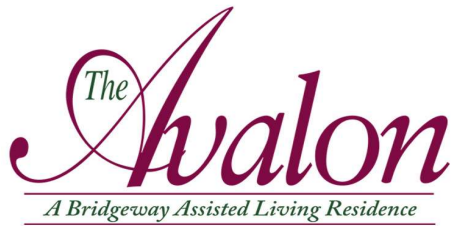
SUNDAY, January 15	MONDAY, January 16	TUESDAY, January 17	WEDNESDAY, January 18	THURSDAY, January 19	FRIDAY, January 20	SATURDAY, January 21
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Fresh Baked Danish Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Clam Chowder Pork Roll, Egg and Cheese Sandwich with Country Skillet Potatoes OR Lobster Salad Over Garden Greens with Your Choice of Dressing NAS Vanilla Pudding	Sausage, Cabbage and Potato Homemade Quiche Lorraine with Fresh Fruit Salad On the Side OR Turkey Cranberry Wrap with Homemade Cucumber Salad and Potato Chips Peanut Butter Cookies	Manhattan Clam Chowder Wild Mushroom Rissoto with Parmesan Cheese and Garlic Bread OR Italian Submarine Sandwich with Homemade Macaroni Salad and Pickles Lemon Pound Cake	Beef Barley Grilled Ham and Pimento Cheese Sandwich with Potato Chips and Pickles OR Tempura Shrimp with Asian Vinaigrette, Spring Mix and Mandarin Oranges Sliced Pears	Broccoli and Cheese Chicken Patty Sandwich with Homemade Macaroni Salad and Pickles OR Antipasto Salad with Ham, Salami, Olives, Roasted Peppers and Mozzarella Oatmeal Raisin Cookies	Vegetable Beef and Broccoli Stir Fry Served Over Steamed Rice with Egg Roll OR Egg Salad On Croissant with Homemade Beet Salad and Potato Chips Cookies & Cream Ice Cream	Chicken Broth w/ Noodles Hot Dog On a Bun with Sauerkraut, Baked Beans and Coleslaw OR Homemade Tuna Salad Over Fresh Garden Greens Crackers On the Side Cupcakes
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Corn Chowder Garlic Bread Smoked Spiral Ham OR Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Candied Yams Green Beans Corn Niblets Warm Apple Crisp	French Onion Fresh Fruit Salad Orange Chicken OR Omelets Made to Order <i>Side Dishes:</i> Stir Fry Rice Garden Peas Fortune Cookie Tapioca Pudding	Chicken Noodle Garden Salad Filet Mignon OR Cavatelli and Broccoli <i>Side Dishes:</i> Baked Potato w/ Sour Cream Steamed Broccoli Garlic Bread Ice Cream Sundae	Lentil Tartar Sauce Creamy Tuscan Chicken OR Broiled Salmon <i>Side Dishes:</i> Roast Potatoes Sauteed Baby Spinach Stewed Tomatoes Chocolate Lava Cake	Matzo Ball Mustard Corned Beef and Cabbage OR Crab Cake w/ Tartar Sauce <i>Side Dishes:</i> Boiled Potatoes Steamed Carrots Honey Wheat Dinner Roll NAS Blueberry Pie	Italian Wedding Sliced Fresh Bread Sausage & Peppers w/ Pasta OR Roast Turkey with Gravy <i>Side Dishes:</i> Mashed Potatoes Cornbread Stuffing Garden Vegetables Eclairs	Split Pea Tartar Sauce Chicken Cordon Bleu OR Filet of Flounder <i>Side Dishes:</i> Rice Pilaf Steamed Asparagus Honey Wheat Dinner Roll Rice Pudding



January 2023 Menu Selections



SUNDAY, January 22	MONDAY, January 23	TUESDAY, January 24	WEDNESDAY, January 25	THURSDAY, January 26	FRIDAY, January 27	SATURDAY, January 28
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Apple Filled Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Crumb Cake Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato Cheese Quesadillas with Sour Cream, Guacomole and Salsa OR Grilled Chicken Over Garden Greens with Your Choice of Dressing Peanut Butter Cookies	French Onion Warm Winter Salad with Beets, Butternut Squash, Apples and Honey Ham OR Roast Beef Club Sandwich w/ Homemade Macaroni Salad and Pickle Apple Tart	Cream of Mushroom Eggplant Parmesan Over Pasta with Marinara Sauce and Garlic Bread OR Homemade Shrimp Salad Over Garden Greens Crackers On the Side Strawberry Shortcake	Chicken Noodle California Cheeseburger w/ Lett, Tom, Onion Rings and Pickle OR Smoked Salmon w/ Capers, Red Onions, Hardboiled Eggs Over Spring Mix Sliced Peaches	Matzo Ball Chicken Stir Fry Served Over Steamed Rice with Egg Roll and Fortune Cookie OR Grilled Vegetable Foccacia Sandwich w/ Homemade Potato Salad and Pickle Chocolate Chip Cookies	Hearty Potato Ham and Cheddar Panini with Carrot Raisin Salad and Pickle OR Roast Turkey Kale Salad w/ Mandarin Oranges, Pecans, Apples and Craisins Cannolis	Cream of Turkey Tuna Melt on English Muffin w/ Tomato and Swiss Cheese Potato Chips & Pickle OR Chef's Salad Platter with Your Choice of Dressing Crackers On the Side Root Beer Floats
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gumbo Garden Salad Swedish Meatballs OR Cod Loin with Tartar Sauce <i>Side Dishes:</i> Buttered Noodles Steamed Garden Peas Honey Wheat Dinner Roll Sugar Free Fruited Jello	Lentil Mustard Rotisserie Chicken OR Polska Kielbasa <i>Side Dishes:</i> Garlic Mash Potatoes Sauteed Broccoli Rabe Stewed Tomatoes Blondies	Beef Barley Garden Salad Sirloin Shepherd's Pie OR Lemon Baked Tilapia <i>Side Dishes:</i> Baked Potato Glazed Carrots Zucchini NAS Vanilla Pudding	Seafood Bisque Fresh Fruit Salad Chicken and Dumplings OR Flounder Rollettes <i>Side Dishes:</i> Au Gratin Potatoes Fire Roasted Vegetables Tartar Sauce Coconut Custard Pie	Tortellini Garlic Bread Roast Pork Loin with Gravy OR Stuffed Shells <i>Side Dishes:</i> Candied Yams Braised Red Cabbage Green Beans Blueberry Cobbler	Vegetable Cocktail Sauce Sante Fe Shrimp OR Veggie Burger with Fries <i>Side Dishes:</i> Rice Pilaf Peppers and Onions Sauteed Baby Spinach Tiramisu	Italian Wedding Tartar Sauce Beef Stroganoff w/ Noodles OR Sole Almondine <i>Side Dishes:</i> Scalloped Potatoes Garden Vegetables Honey Wheat Dinner Roll Lemon Bars



January 2023 Menu Selections



SUNDAY, January 29	MONDAY, January 30	TUESDAY, January 31	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
BREAKFAST Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Apple Turnover Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	BREAKFAST Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage French Toast Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	BREAKFAST Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam				
LUNCH Split Pea Pepperoni French Bread Pizza Fresh Garden Salad On the Side OR Waldorf Chicken Salad with Fresh Apples, Craisins and Toasted Almonds Tapioca Pudding	LUNCH Cream of Broccoli Broccoli & Cheddar Cheese Quiche with Fresh Fruit Salad On the Side OR Roast Beef Saldwich with Horseradish Sauce, Three Bean Salad & Potato Chips Chocolate Cream Pie	LUNCH Tuscan Bread Avocado Bacon Turkey Burger with Sweet Potato Fries and Coleslaw OR Chef's Salad Platter with Your Choice of Dressing Crackers On the Side Carrot Caked				
DINNER Turkey and Wild Rice Garden Salad Yankee Pot Roast OR Cod Loin with Tartar Sauce <i>Side Dishes:</i> Yukon Gold Mash Potatoes Glazed Carrots Steamed Peas Oatmeal Raisin Cookies	DINNER Escarole and White Bean Honey Wheat Dinner Roll Chicken Deluxe OR Pot Stickers <i>Side Dishes:</i> Rice Pilaf Green Beans Pearl Onions Homemade Ambrosia	DINNER Chicken Noodle Garlic Bread Spaghetti and Meatballs OR Glazed Salmon Filet <i>Side Dishes:</i> Scalloped Potatoes Baby Spinach Tartar Sauce NAS Chocolate Pudding				