



January 2022 Menu Selections



						SATURDAY, January 1
						BREAKFAST
						Scrambled Eggs Home Fries Oatmeal
						LUNCH
						<i>Roast Pork Loin</i> Sauerkraut Corn Mashed Potatoes <i>Meatloaf with Gravy</i> Ice Cream Variety
						DINNER
						Turkey & Muenster wrap Let, tom, onion Chickpea Spinach Salad <i>Stuffed Shells</i> <i>Marinara</i> <i>Tossed Salad</i> Split Pea Soup Fruited Gelatin



January 2022 Menu Selections



<i>SUNDAY, January 2</i>	<i>MONDAY, January 3</i>	<i>TUESDAY, January 4</i>	<i>WEDNESDAY, January 5</i>	<i>THURSDAY, January 6</i>	<i>FRIDAY, January 7</i>	<i>SATURDAY, January 8</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cheese Omelet Assorted Muffin Cream of Whea	Pancakes/Syrup Bacon Oatmeal	Scrambled Eggs Home Fries Cream of Wheat	French Toast Sausage Links Oatmeal	Western omelet White Toast Cream of Wheat	Belgium Waffle Grilled Ham Oatmeal	Sausage egg bake Hash Brown Patty Cream of Wheat
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Penne & Meat sauce Normandy Mixed Vegetables Egg Salad on Soft Roll Potato Salad Fresh Fruit	Citrus Fish Buttered White Rice Diced Carrots Lasagna Spinach Rolls Garlic Bread Scooped Ice Cream	Meatloaf W Mushroom gravy Scalloped Potatoes Italian Green Beans Fried Fish Sandwich on a roll Tartar sauce Cole slaw Diced Pears	BBq Chicken Thigh Corn Bread Cole Slaw Beef a Roni Dinner Roll Mixed Vegetables Ambrosia	Apple Kraut Pork Chops Candied Yams California Mixed Vegetables Hot Roast Beef Sandwich Lemon Meringue Pie	Corn Flake Flsh Kale Sauteed w garlic Stuffed Pepper Casserole Diced Peaches	Roast Turkey w Cranberry glaze Cornbread Stuffing Buttered Corn Cheeseburger on a bun Let, Tom French Fries Mandarin Oranges
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Honey Mustard Chicken Breast Mashed Potatoes Green Beans Shepherd's Pie 4 way Mixed Vegetables Vegetable Soup Spice Cake	Sausage, Peppers, Onions Roasted Potatoes Italian Mixed Vegetables Breaded Chicken Sandwich Let, Tom, Mayo Lentil Soup Pineapple Tidbits	Pulled Pork Roasted Corn Dinner Roll Pizza Slice Tossed Salad/ Dressing Navy Beans Soup Tapioca Pudding	Sloppy Joe on a Roll Peas and Carrots Chicken salad on croissant Cream of Potato Soup Apple Crisp	Beef Goulash Winter Mixed Vegetables Chicken Nuggets Honey Mustard French Fries Beef Barley Soup Fruit Cocktail	Baked Mac and Cheese with Breadcrumbs Stewed Tomatoes Veggie Burger on a bun Tater tots Split Pea Soup Fresh Fruit	Swedish Meatballs Egg Noodles Bermuda Mixed Vegetables Corn Dog Mustard Chicken Noodle Soup Red Velvet Cake



January 2022 Menu Selections



SUNDAY, January 9	MONDAY, January 10	TUESDAY, January 11	WEDNESDAY, January 12	THURSDAY, January 13	FRIDAY, January 14	SATURDAY, January 15
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Pancakes/Syrup Bacon Muffin Oatmeal	Scrambled Eggs Home Fries Cream of Wheat	French Toast Sausage Links Oatmeal	Western omelet White Toast Cream of Wheat	Belgium Waffle Grilled Ham Oatmeal	Sausage egg bake Hash Brown Patty Cream of Wheat	Cheese Omelet Wheat Toast Oatmeal
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Pineapple Glazed Ham Baked Sweet potato Garden Mixed Vegetables Meatloaf with Gravy Fresh Fruit	No Peak Chicken Brown Rice Diced Carrots Salisbury Steak Mashed Potatoes Diced Peaches	Baked Ziti Sauteed Spinach Maryland Crab Cakes Cocktail Sauce French Fries Cole Slaw Fruited Gelatin	Arroz con pollo Italian Mixed Vegetables Ham salad Sandwich on Rye Pickled Beet salad Ambrosia	Country Style Pork Ribs (boneless) Cole Slaw Chicken Salad Platter 3 bean salad Fruit Cocktail	Rolled Stuffed Turkey Candied Yams Green Beans Eggplant Parmesan Pasta Rosy Pears	Meatball Parm Sandwich Broccoli Spears Grilled Ham and Cheese Cinnamon Applesauce
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Franchise Broccoli Sauced Pasta Ham & Swiss sandwich on Rye Mayonnaise Macaroni Salad Cream of Celery Soup Chocolate Cream Pie	Homemade Chili Cheese Buttered White Rice Green Beans Chicken Caesar Salad Croutons Garlic Stick Tomato Rice Soup Pineapple Upside Down Cake	Tuna Salad on Kaiser Chickpea Salad Broccoli Cheddar Quiche Cream of Potato Soup Brownie	Spaghetti & Meatballs Italian Tomato Salad Cheeseburger on a bun Dill Pickle Chicken Orzo Soup Pumpkin Pie	Macaroni & Cheese Stewed Tomatoes Pork Schnitzel Buttered Noodles Sauerkraut Pasta Fagioli Cheesecake	Stuffed Shells Normandy Mixed Vegetables Dinner Roll Fish Sticks Tater Tots Lobster Bisque Fresh Baked Cookies	Chicken Nuggets Baked Sweet Pot Fries Sauteed kale with Garlic Cheesesteak on a Bun Split Pea Soup Apple Pie

January 2022 Menu Selections



SUNDAY, January 16	MONDAY, January 17	TUESDAY, January 18	WEDNESDAY, January 19	THURSDAY, January 20	FRIDAY, January 21	SATURDAY, January 22
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Scrambled Eggs Home Fries Assorted Muffin Cream of Wheat	French Toast Sausage Links Oatmeal	Western omelet White Toast Cream of Wheat	Belgium Waffle Grilled Ham Oatmeal	Sausage egg bake Hash Brown Patty Cream of Wheat	Cheese Omelet Wheat Toast Oatmeal	Pancakes/Syrup Bacon Cream of Wheat
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sausage & Peppers Roasted Potatoes Capri Blend Egg Salad Sandwich Lettuce Leaf Tomato Slice Strawberry Ice Cream	Chicken Adobo Jasmine Rice Diced Carrots Cheese & Pepperoni Pizza Tossed Salad Dressing Butterscotch Pudding	Veal schnitzel Buttered noodles Purple cabbage Spinach Mushroom Quiche Diced Pears	Turkey Chili with Corn & Black Beans over tater tots Pork Rib Sandwich Cole Slaw Ambrosia	Turkey a la King over a biscuit Carrot coins Beef Ravioli Marinara Sauce Fruit Cocktail	Crab Salad on a Roll Broccoli Slaw BBQ Chicken wings French Fries Mandarin Oranges	Herb Roasted Chicken Thigh Mashed Sweet Potatoes Spinach Ham & Swiss on Kaiser Mayonnaise Potato Salad Diced Peaches
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Baked Fish with Lemon Spanish Rice Creamed Spinach Turkey Burger Melt Tomato Soup Boston Cream Pie	Chicken Burger Lettuce Tomato Cucumber Salad General Tsos Chicken White rice Broccoli Cream of Celery Soup Tropical Fruit	Fish and Chips Tartar Sauce Cole Slaw Baked Mac & Cheese with Ham Casserole Broccoli Navy Bean Soup Peach Cobbler	Cheese Pizza Side salad Dressing Kielbasa Sauerkraut Vegetable of the day Cream of Potato Soup Sherbet	Beef Pot Pie Cauliflower Chicken Salad on Wheat Lettuce, Tomato Vegetable Barley Soup Apple Strudel Cake	Rodeo Turkey burger Onion Ring Bbq sauce Winter Mix Tuna Salad Sandwich on white Cole Slaw Cream of Broccoli Soup Blueberry Pie	Hot Dog on a bun Baked Beans Sauerkraut Mustard Grilled Cheese w tomato Dill Pickle Chicken & Rice Soup Brownie



January 2022 Menu Selections



SUNDAY, January 23	MONDAY, January 24	TUESDAY, January 25	WEDNESDAY, January 26	THURSDAY, January 27	FRIDAY, January 28	SATURDAY, January 29
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Sausage Links Assorted Muffin Oatmeal	Western omelet White Toast Cream of Wheat	Belgium Waffle Grilled Ham Oatmeal	Sausage egg bake Hash Brown Patty Cream of Wheat	Cheese Omelet Wheat Toast Oatmeal	Pancakes/Syrup Bacon Cream of Wheat	Scrambled Eggs Home Fries Oatmeal
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Butter Crumb Fish Normandy Mixed Veg <i>Penne & Meat sauce</i> Lemon Meringue Pie	Honey Stung Chicken Buttered Noodles Broccoli <i>Crab Salad Platter (mixed lettuce)</i> Diced Peaches	Beef Stew Carrots Baked potato <i>Cheese Ravioli Marinara</i> Banana cream pie	Garlic Parmesan Chicken breast French fries Seasoned spinach <i>Veggie Burger on a bun Ketchup</i> Ambrosia	Salisbury Steak with mushroom gravy Garlic Mashed Potatoes Italian Mixed Blend <i>Eggplant Parmesan on a roll</i> Fruit Cocktail	Broiled Fish with Dill Sauce Orzo Green beans <i>Breaded Pork Chop</i> Fresh Fruit	Traditional Cheese lasagna Tossed Salad Dressing <i>Meatloaf Gravy</i> Ice Cream Variety
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Tenders BBQ sauce White Rice Corn <i>Manicotti Marinara Tossed Salad/ Dressing</i> Vegetable Soup Cherry Pie	Cheese Pizza Creamy cucumber Salad <i>Chicken Quesadilla Sour cream Corn Salad</i> Lentil Soup Rice Pudding	Cavatelli w sausage in garlic sauce Peas <i>Chicken Caesar Salad Croutons Garlic Stick</i> Broccoli & Cheese Soup Tropical Fruit	Shepherd's Pie 4 way mixed vegetables <i>Grilled Chicken Sandwich Let, Tom, Mayo 3 Bean Salad</i> Turkey & Rice Soup Peach Pie	Chicken/Broccoli/Noodle Casserole <i>Teriyaki Meatballs Buttered White Rice Broccoli</i> Italian Wedding Soup Vanilla Pudding	Macaroni & Cheese with Breadcrumb Topping Stewed Tomatoes <i>Turkey Burger on a bun Let, Tom</i> Chicken Noodle Soup Diced Pears	Turkey and Muenster wrap Let, tom, onion Chickpea Spinach Salad <i>Stuffed Shells Marinara Tossed Salad</i> Beef & Barley Soup Fruited Gelatin



January 2022 Menu Selections



<i>SUNDAY, January 30</i>	<i>MONDAY, January 31</i>					
BREAKFAST	BREAKFAST					
Cheese Omelet Assorted Muffin Cream of Wheat	Pancakes/Syrup Bacon Oatmeal					
LUNCH	LUNCH					
Penne & Meat sauce Normandy Mixed Vegetables Egg Salad on Soft Roll Potato Salad Fresh Fruit	Citrus Fish Buttered White Rice Diced Carrots Lasagna Spinach Rolls Garlic Bread Scooped Ice Cream					
DINNER	DINNER					
Honey Mustard Chicken Breast Mashed Potatoes Green Beans Shepherd's Pie 4 way Mixed Vegetables Vegetable Soup Spice Cake	Sausage, Peppers, Onions Roasted Potatoes Italian Mixed Vegetables Breaded Chicken Sandwich Let, Tom, Mayo Lentil Soup Pineapple Tidbits					