



# 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>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat  Western omelet Toasted English muffin	Brown sugar Oatmeal  Buttermilk Pancakes Turkey Sausage links	Cream of Wheat  Cheese Omelet Chef's Choice Muffin	Cream Of Wheat  Texas Toast French Toast Pork Sausage Links	Cinnamon Oatmeal  Scrambled Egg with Cheese Coffee Cake	Cream Of Wheat  Scrambled Egg Toasted bagel	Brown Sugar Oatmeal  Waffles Crispy bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Veal & Peppers Buttered Noodles California Mix -Or- Egg salad on Wheat  Dessert: Ambrosia	Pulled Pork on a roll Broccoli Cuts  -Or- Cheese Pizza  Dessert: Tapioca	Cheesy Taco Pasta Green beans  -Or- Spinach & Mushroom Quiche Dessert: Diced Pears	Chicken Franchise Potatoes O'brien Zucchini -Or- Ham Salad Pickled beet Salad Dessert: Fresh Fruit	Hot Dog with sauerkraut on Bun Baked beans -Or- Cheeseburger on a Bun French fries Dessert: Fruit Cocktail	Tomato basil Fish Rice Pilaf Capri Blend -Or- Eggplant Parm on roll  Dessert: Butterscotch Pudding	<i>Herb Roasted Chicken leg</i> Mashed Sweet Potato Parslied Cauliflower -Or- Ham & Swiss on Wheat Homemade potato Salad Dessert: Diced Peaches
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Baked Fish with Lemon Spanish Rice Creamed Spinach -Or- Turkey Burger Melt  Soup: Broccoli Cheddar Dessert: Sweet potato Pie	Sweet & Sour Pork Fried Rice French Cut Green Beans -Or- <i>General Tso's Chicken</i>  Soup: Egg Drop Dessert: Tropical Fruit	Stuffed Shells Winter Mix -Or- <i>Chicken Salad with</i> Lettuce & tomato on White Tossed Salad Soup: Cream of Celery Dessert: Cherry Pie	Homemade Stuffed Cabbage Buttered White Rice Diced Carrots -Or- <i>Homemade Beef Pot Pie</i>  Soup: Cream of Potato Dessert: Chocolate Cake	Macaroni & Cheese Stewed tomatoes  -Or- <i>Kielasa &amp; Sauerkraut</i> Pierogies Soup: Beef Barley Dessert: Assorted Pies	Homemade Chicken Burger with Lettuce & tomato Broccoli Cuts -Or- Tuna Salad Sandwich  Soup: Cream of Mushroom Dessert: Manadarin Oranges	Beef Ravioli Garlic bread Green beans -Or- <i>Fish with Dill Sauce</i> Mashed Potatoes Soup: Tomato Dessert: Homemade brownie



# January 2022 Menu Selections



<i>SUNDAY, January 9</i>	<i>MONDAY, January 10</i>	<i>TUESDAY, January 11</i>	<i>WEDNESDAY, January 12</i>	<i>THURSDAY, January 13</i>	<i>FRIDAY, January 14</i>	<i>SATURDAY, January 15</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat Western Omelet Toasted English muffin	Brown Sugar Oatmeal Blueberry Pancakes Turkey Sausage links	Cream of Wheat Scrambled with Cheese Chef's choice muffin	Cream of Wheat Texas toast French toast Pork Sausage Links	Cinnamon Oatmeal Sausage Egg bake Coffee cake	Cream of Wheat Scrambled Eggs Toasted bagel	Oatmeal Waffles Crispy bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Meat lasagna California Mix Dinner Roll -or- Bratwurst with Sauerkraut on hoagie roll  Dessert: Lemon Meringue Pie	Orange Chicken Buttered White Rice French Cut green beans -Or- Pepperoni Pizza Tossed Salad  Dessert: Diced Peaches	Roast turkey Cranberry Sauce Bread stuffing Green beans with Pimentos -Or- Cheese Ravioli  Dessert: Banana pudidng with Vanilla Wafer	Homemade Beef Stew Egg Noodles Peas & carrots Buttermilk Biscuit -Or- Veal Patty with Gravy Mashed Potatoes Dessert: Sliced Pears	Salisbury Steak Mashed Potatoes Broccoli -Or- BBQ chicken Wings French Fries  Dessert: Blueberry Pie	Lemon Pepper Fish Buttered orzo California Mix -Or- Mexican Lasagna  Dessert: Fresh Fruit	<i>Homemade Meatloaf</i> Garlic mashed Potatoes Capri Blend -Or- Bologna & Cheese on bread of choice  Dessert: Rice Pudding with Cinnamon
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Honey Garlic Chicken Thigh Mashed Potatoes Baby Whole carrots -Or- <i>Egg Salad on a</i> Soft Roll  Soup: Cream Of Potato Dessert: Pound Cake	Cavittelli & Sausage in a Garlic Sauce Tossed Salad -Or- <i>Philly Cheese Steak</i> Tater Tots  Soup: Lentil Dessert: Rice Pudding	Chicken Tenders BBQ Sauce French Fries Italian Mix veg -Or- Tuna Noodle casserole  Soup: Broccoli Cheese Dessert: Tropical Fruit	Penne with Chicken and Veg  -Or- <i>Sweet &amp; Sour meatballs</i> jasmine Rice Green beans Soup: Cream Of Turkey Rice Dessert: Chocolate Cream pie	Cheese Tortellini Alfredo Baby whole carrots  -Or- <i>Homemade Chicken Pot Pie</i>  Soup: Italian Wedding Dessert: Fruit Cocktail	Macaroni & cheese Stewed Tomatoes  -Or- <i>Maryland Crab cake</i> French fries Diced carrots Soup: French onion Dessert: Diced Pears	BBQ Riblet on a Bun Bermuda Mix -Or- <i>Vegetable Lasagna</i>  Soup: Chicken Rice Dessert: Fruited Jello



# January 2022 Menu Selections



<i>SUNDAY, January 16</i>	<i>MONDAY, January 17</i>	<i>TUESDAY, January 18</i>	<i>WEDNESDAY, January 19</i>	<i>THURSDAY, January 20</i>	<i>FRIDAY, January 21</i>	<i>SATURDAY, January 22</i>
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream of Wheat  Western omelet Toasted English muffin	Brown Sugar Oatmeal  Buttermilk Pancakes Turkey Sausage links	Cream of Wheat  Cheese Omelets Chef's choice muffin	Cream of Wheat  Texas toast French toast Pork Sausage Links	Cinnamon Oatmeal  Scrambled with cheese Coffee cake	Cream of Wheat  Scrambled Eggs Toasted bagel	Oatmeal  Waffles Crispy bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Sloppy Joe on Bun Diced Carrots  -Or- Grilled Chicken with Lettuce & Tomatoes on Bun  Dessert: Fresh Fruit	Lasagna Spinach Roll Broccoli Cuts Garlic Stick -Or- Ham & Swiss on Wheat Coleslaw  Dessert: Strawberry Cream Pie	Smothered Pork Chops Candied Yams Green Beans with Pimentos -Or- Hot Open Face Roast Beef Sandwich  Dessert: Diced Pears	BBQ Chicken Leg Savory Stuffing Capri Blend Dinner Roll -Or- Macaroni & Beef Casserole Dessert: Diced Peaches	Orange Glazed Ham Scalloped Potatoes Peas & carrots -Or- Homemade Stuffed Cabbage Buttered White Rice  Dessert: Lemon Meringue Pie	Garlic Butter Flounder Brown Rice Carrot coins -Or- Stuffed pepper casserole  Dessert: Peach Cobbler	<i>Roast Turkey</i> Cranberry Sauce Sweet Potatoes California Mix Dinner Roll -Or- Cheese Ravioli Dessert: Mandarin Oranges
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Baked Chicken Thigh Mashed Potatoes Whole Kernel Corn -Or- <i>Manicotti</i> Tossed Salad  Soup: Vegetable Dessert: Spice Cake	Sausage with Peppers & onions Oven roasted potatoes Italian mix -Or- Hamburger on Bun French fries  Soup: Lentil Dessert: Baked Apples	Turkey Salad on Wheat Pickled beet salad -Or- Personal pizza <i>Tossed Salad</i>  Soup: Navy bean Dessert: Tapioca Pudding	Salisbury Steak Mashed Potatoes Diced Carrots -Or- <i>Grilled Cheese with Tomato</i> Pickle chips  Soup: Cream Of Potato Dessert: Apple Crisp	Beef Ravioli Winter Mix Garlic bread -Or- <i>Tuna salad on White</i>  Soup: Beef Barley Dessert: Fruit Cocktail	Macaroni & cheese Stewed Tomatos  -Or- <i>Fish Sticks</i> Tater Tots  Soup: Split Pea Dessert: Diced Pears	Eggsalad Croissant Sandwich Pasta Salad  -Or- <i>Baked Ziti</i> Capri Blend  Soup: Minestrone Dessert: Boston Cream Pie



# 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
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
Cream Of Wheat Western Omelet Toasted English muffin	Brown Sugar Oatmeal Blueberry Pancakes Turkey Sausage Links	Cream Of Wheat Cheese Omelet Chef's Choice Muffin	Cream Of Wheat Texas Toast French Toast Pork Sausage Link	Cinnamon Oatmeal Scrambled with cheese Hash brown Patty	Cream OF Wheat Scrambled Eggs Toasted Bagel	Oatmeal Waffle Crispy bacon
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Herb Roasted Pork Baked Potato Garden Mix Veg -Or- Homemade meatloaf  Dessert: Fresh Fruit	Honey Mustard Chicken Garlic mashed Potatoes Capri Blend -Or- Teriyaki Meatballs Brown Rice  Dessert: Pineapple upside down cake	Beef Stroganoff Egg noodles Parslied Carrots -Or- Breaded Cod French Fries  Dessert: Fruited jello	Arroz Con Pollo Italian Mix  -Or- Sausage & pepper on Hoagie Roll Tossed Salad Dessert: Ambrosia	Baked Ziti with Beef Peas & Pearl Onions  -Or- Chicken Salad on Wheat 3 bean Salad  Dessert: Tropical Fruit	Chicken Adobo Jasmine Rice Carrot Coins -Or- Baked Tilapia Garlic mashed Potatoes  Dessert: Rosy Pears	<u>Spaghetti</u> Meatballs Wax beans Garlic bread -Or- Veggie Burger with Lettuce & Tomato on bun Dessert: Cinnamon applesauce
<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
Grilled Chicken Fetticini Alfredo Broccoli -Or- Bratwurst & Sauerkraut on Hoagie Roll  Soup: Corn Chowder Dessert: Chocolate Cream Pie	Homemade Chili Buttered White Rice Geen beans Corn Bread -Or- Chicken Stew Buttermilk Biscuit  Soup: Tomato Rice Dessert: Diced Peaches	Tuna Noodle Casserole Winter Mix  -Or- Spinach Ricotta Cheese Quiche  Soup: Cream Of Potato Dessert: Poke Cake	Hot Dog with Sauerkraut on bun Baked beans -Or- Cheeseburger on Bun Diced Carrots  Soup: Chicken orzo Dessert: Assorted Sherbert	Crab Macaroni & Cheese Broccoli Cuts  -Or- Kielbasa & Sauerkraut Pierogies  Soup: Pasta Fagirole Dessert: Pumpin Pie	Apricot Glazed Pork Loin Baked Sweet Potato Creamed Spinach -Or- Fish Sticks Tater Tots Soup: Lobster Bisque Dessert: Fresh Baked Cookies	Chicken Nuggets Sweet Potato Fries Green Beans -Or- Grilled Tuna Melt  Soup: Chicken Noodle Dessert: Red Velvet Cake



# January 2022 Menu Selections



<i>SUNDAY, January 30</i>	<i>MONDAY, January 31</i>					
<b>BREAKFAST</b>	<b>BREAKFAST</b>					
Cream Of Wheat Western Omelets Toasted English muffin	Brown Sugar Oatmeal Buttermilk Pancakes Turkey Sausage links					
<b>LUNCH</b>	<b>LUNCH</b>					
Veal and Peppers Buttered Noodles California Mix -Or- Eggsalad on Wheat  Dessert: Ambrosia	Pulled Pork on Bun Broccoli Cuts  -Or- Cheese Pizza  Dessert: Tapioca Pudidng					
<b>DINNER</b>	<b>DINNER</b>					
Baked Fish with Lemon Spanish Rice Creamed Spianch -Or- Turkey Burger Melt  Soup: Broccoli Cheddar Dessert: Sweet Potato Pie	Sweet and Sour Pork Fried Rice French Cut green beans -Or- General Tso's Chicken  Soup: Egg Drop Dessert: Tropical Fruit					