



January 2022 Menu Selections



						SATURDAY, January 1
						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
						LUNCH
						Chicken Broth w/ Noodles Hot Dog On a Bun with Sauerkraut/ Baked Beans and Coleslaw Seafood Salad Served Over Garden Greens with Crackers On the Side Brownies
						DINNER
						Split Pea Tartar Sauce Swedish Meartballs Baked Cod Loin <i>Side Dishes:</i> Buttered Noodles Steamed Peas Peppers and Onions Rice PuddingCole



January 2022 Menu Selections



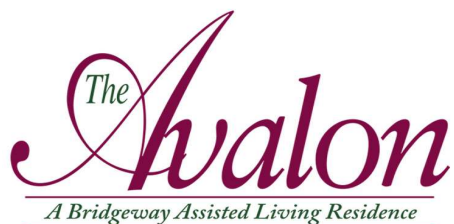
<i>SUNDAY, January 2</i>	<i>MONDAY, January 3</i>	<i>TUESDAY, January 4</i>	<i>WEDNESDAY, January 5</i>	<i>THURSDAY, January 6</i>	<i>FRIDAY, January 7</i>	<i>SATURDAY, January 8</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	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	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	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	Cold Cereal Oatmeal/ Cr. of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	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	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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Tomato Soup Grilled Cheese, Bacon and Tomato Sandwich with Potato Chips and Coleslaw Taco Salad w/ Seasoned Ground Beef/Guacomole Sour Cream and Salsa Boston Cream Pie	French Onion Soup Warm Grilled Chicken Over Greens w/ Crispy Wontons and Sesame Ginger Dressing Liverwurst and Onion On Rye with Homemade Potato Salad and Pickles Oatmeal Raisin Cookies	Cream of Mushroom Soup Tuna Melt On English Muffin with Homemade Cucumber Salad and Potato Chips Steak Salad Over Iceburg w/ Crumbled Bleu Cheese/Cherry Tomatoes & Red Wine Vinaigrette Black Forest Cake	Chicken Noodle Soup California Cheeseburger w/ Lettuce/Tomato/Onion Rings and Pickles Smoked Salmon Platter w/ Hardboiled Eggs/Capers and Red Onions Sliced Peaches	Matzo Ball Soup Lobster On a Toasted Buttered Roll w/ Corn On the Cob & Coleslaw Grilled Vegetable Wrap w/ Fresh Mozzarella/Pesto Mayo/Coleslaw and Pickles Chocolate Chip Cookies	Hearty Potato Soup Penne Pasta w/ Italian Sausage/Spinach/Parmesan Cheese and Garlic Bread Chicken Salad Pita Pocket w/ Potato Chips and Pickles Red Velvet	Cream of Turkey Soup Philly Cheesesteak w/ Sauteed Onions/French Fries and Coleslaw Mediterranean Tuna Platter w/ Feta Cheese/Kalamata Olives and Cherry Tomatoes Root Beer Floats
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken Gumbo Soup Garden Salad Chicken Pot Pie Crab Cake with Tartar Sauce <i>Side Dishes:</i> Scalloped Potatoes Sautéed Zucchini Cauliflower Sugar Free Fruited Jello	Lentil Soup Warm Breadsticks Meatloaf with Gravy Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Yukon Gold Mashed Potatoes Glazed Carrots Garden Peas Peach Melba	Beef Barley Soup Apple Sauce Smothered Pork Chops Mushroom Raviolis <i>Side Dishes:</i> Candied Yams Green Beans Pearl Onions NAS Vanilla Pudding	Seafood Bisque Tartar Sauce Homemade Cheese Lasagna Broiled Sole w/ Tartar Sauce <i>Side Dishes:</i> Boiled Potatoes Fire Roasted Vegetables Warm Breadstick Strawberry Shortcake	Tortellini Soup Garden Salad Stuffed Peppers Maple Glazed Salmon <i>Side Dishes:</i> Rice Pilaf Steamed Peas Garlic Bread Lemon Cake	Vegetable Soup Cranberry Sauce Roast Turkey with Gravy Haddock with Tartar Sauce <i>Side Dishes:</i> Mashed Potatoes Coenbread Stuffing Garden Vegetables Fudgesicle	Italian Wedding Soup Cocktail Sauce Coconut Shrimp Cavatelli and Broccoli <i>Side Dishes:</i> Au Gratin Potatoes Broccoli Florets Sliced Italian Bread NAS Blueberry Pie



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>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage	Cold Cereal Oatmeal/Cr. of Wheat Eggs to Order Bacon/Sausage
Belgian Waffles	Buttermilk Pancakes	French Toast	Breakfast Sandwich	Belgian Waffles	Buttermilk Pancakes	French Toast
Choice of Toast Fresh Fruit Salad/Prunes	Choice of Toast Fresh Fruit Salad/Prunes	Choice of Toast Fresh Fruit Salad/Prunes	Choice of Toast Fresh Fruit Salad/Prunes	Choice of Toast Fresh Fruit Salad/Prunes	Choice of Toast Fresh Fruit Salad/Prunes	Choice of Toast Fresh Fruit Salad/Prunes
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea Soup	Cream of Broccoli	Tuscan Bread	Manhattan Clam Chowder	Potato Leek Soup	Beef Barley Soup	Hearty Vegetable Soup
French Bread Pizza w/ Fresh Garden Salad On the Side	Ham & Cheddar Biscuit Melt w/ Carrot Raisin Salad and Potato Chips	Cheese Raviolis w/ Marinara Sauce/Parmesan Cheese and Garlic Bread	Wild Angel Hair Pasta w/ Grilled Chicken & Creamy Balsamic Vinaigrette	Cowboy Quiche w/ Peppers, Onions and Sausage Fresh Fruit Salad On the Side	Crispy Fish Sticks w/ Tartar Sauce/Boiled Potatoes, Corn Niblets and Coleslaw	Chicken Tenders w/ Honey Mustard/French Fries and Coleslaw
Chef's Salad Platter w/ Your Choice of Dressing	Roast Turkey and Berry Salad w/ Toasted Walnuts and Raspberry Vinaigrette	B.L.T. Club with Homemade Potato Salad and Pickles	Italian Submarine Sandwich with Potato Chips and Coleslaw	Roasted Eggplant & Fresh Mozzarella Sandwich with Macaroni Salad and Pickles	Roast Beef on Marble Rye w/ Lettuce/Tomato/Potato Chips & Coleslaw	Homemade Egg Salad Platter Crackers On the Side
Tapioca Pudding	Cream Puffs	Warm Apple Crisp	Sliced Peaches	Lemon Meringue Pie	Pound Cake	Chocolate Layer Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Turkey and Wild Rice Soup Tarter Sauce	Alphabet Soup Warm Breadsticks	Chicken Noodle Soup Cocktail Sauce	Butternut Squash Soup Fresh Fruit Salad	Minestrone Soup Tartar Sauce	Carrot Dill Soup Apple Sauce	Turkey and Orzo Soup Garden Salad
Chicken Cutlet	Spaghetti and Meatballs	Butterfly Shrimp	Beef Stroganoff	Chicken Francaise	Breaded Pork Chop	Pepper Steak
Baked Flounder <i>Side Dishes:</i> Garlic Mashed Potatoes Stewed Tomatoes Green Beans	Polska Kielbasa <i>Side Dishes:</i> Potato Pancakes Steamed Peas Braised Red Cabbage	Veggie Burger on Bun <i>Side Dishes:</i> Au Gratin Potatoes Garden Vegetables Honey Wheat Dinner Roll	Broiled Salmon <i>Side Dishes:</i> Buttered Noodles Broccoli Florets Tartar Sauce	Pan Seared Crab Cake <i>Side Dishes:</i> Rice Pilaf Sauteed Baby Spinach Fire Roasted Vegetables	Stuffed Filet of Fish <i>Side Dishes:</i> Baked Sweet Potato Sauteed Zucchini Corn Niblets	Lasagna Rollettes <i>Side Dishes:</i> Steamed Rice Egg Roll/Fortune Cookie Warm Breadstick
Oatmeal Raisin Cookies	Banana Split	NAS Chocolate Pudding	Caramel Salted Cheesecake	Cannolis	Ice Cream Sandwich	Snickerdoodles



January 2022 Menu Selections



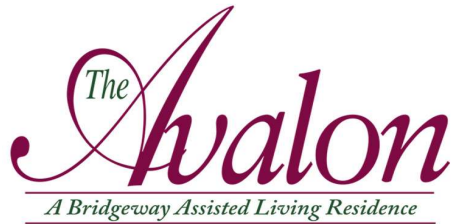
SUNDAY, January 16	MONDAY, January 17	TUESDAY, January 18	WEDNESDAY, January 19	THURSDAY, January 20	FRIDAY, January 21	SATURDAY, January 22
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	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	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	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	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	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	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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Split Pea Soup Grilled Reuben Sandwich w/ Homemade Cucumber Salad & Potato Chips Shrimp Caesar Salad with Homemade Croutons and Parmesan Cheese Pumpkin Pie	Turkey Noodle Soup Macaroni and Cheese w/ Glazed Carrots and Steamed Peas Turkey Club Sandwich w/ Homemade Celery, Apple Salad and Pickles Banana Pudding	New England Chowder Tacos w/ Seasoned Ground Beef/ Guacomole/ Sour Cream & Salsa Waldorf Chicken Salad w/ Fresh Apples/ Craisins and Toasted Almonds Carrot Cake	Hearty Potato Soup Stuffed Baked Potato w/ Broccoli & Cheddar Cheese Tossed Salad On the Side Multi Grain Ham and Honey Mustard Sandwich w/ Beet Salad and Potato Chips Macadamia Nut Cookies	Pasta Fagioli Meatball Parmesan Sub with French Fries and Pickles Lobster Salad with Tarragon Served Over Garden Greens Fresh Berry Tart	Potato Leek Soup Grilled Chicken & Roasted Pepper Panini w/ Macaroni Salad and Pickles Fresh Seasonal Fruit and Cottage Cheese Hot Fudge Sundaes	Chicken Noodle Soup Riblet on Soft Roll with Onion Rings and Coleslaw Homemade Tuna Platter Your Choice of Dressing Apple Spice Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
White Bean & Spinach Soup Tartar Sauce Sole Almondine Saliabury Steak <i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Honey Wheat Dinner Roll Sliced Pears	Mushroom Barley Soup Garden Salad Teriyaki Chicken Broiled Tilapia <i>Side Dishes:</i> Basmati Rice Peppers and Onions Sugar Snap Peas Chocolate Chip Cookies	Chicken Broth and Noodles Cornbread BBQ Pork Ribs Arancini with Marinara <i>Side Dishes:</i> Baked Sweet Potato Corn Niblets Coleslaw Peaches and Cream	Beef Vegetable Soup Warm Breadstick Pasta a la Bolognese Filet of Sole <i>Side Dishes:</i> Scalloped Potatoes Sauteed Zucchini Tartar Sauce Butterscotch Pudding	Chicken and Rice Soup Apple Sauce Smoked Spiral Ham Baked Cod Loin <i>Side Dishes:</i> Yukon Mashed Potatoes Steamed Broccoli Fuji Apples Sliced Apricots	Turkey and Orzo Soup Garden Salad Shrimp Puttanesca Cheese Pizza <i>Side Dishes:</i> Au Gratin Potatoes Sauteed Baby Spinach Garlic Bread Sugar Free Fruited Jello	Minestrone Soup Fresh Fruit Salad Stuffed Cabbage Tortellini Alfredo <i>Side Dishes:</i> Rice Pilaf Steamed Garden Peas Warm Breadsticks Brownies



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
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	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	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	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	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	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	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
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
New England Clam Chowder Pierogies with Carmelized Onions/ Sour Cream & Garden Vegetables Chicken Salad on Croissant with Homemade Cucumber Salad & Potato Chips NAS Vanilla Pudding	Sausage, Cabbage and Potato Open Face Hot Turkey w/ Gravy/ French Fries/ Coleslaw & Cranberry Sauce Antipasto Salad with Ham/Salami/Olives/Roasted Peppers and Mozzarella Peanut Butter Cookies	Manhattan Clam Chowder Homemade Quiche Lorraine with Fresh Fruit Salad On the Side Whole Grain Tuna Sandwich w/ Lettuce/Tomato/Potato Chips and Beet Salad Cupcakes	Beef Barley Soup Pasta Sicilian with Eggplant Marinara Sauce/ Parmesan and Garlic Bread Sesame Chicken Spring Mix Salad w/ Mandarin Oranges Cucumbers and Carrots Sliced Pears	Broccoli and Cheese Soup Spring Rolls with Dipping Sauce Stir Fried Rice/ Snap Peas and Fortune Cookies Italian Sub Sandwich with Homemade Macaroni Salad and Pickles Cranberry Orange Cookies	Vegetable Soup Sloppy Joe on Kaiser Roll w/ Homemade Potato Salad and Pickles Roast Turkey & Cranberry Salad w/ Walnuts/Bacon/Apples & Honey Dijon Dressing Eclairs	Chicken Broth with Noodles Hot Dog On a Bun with Sauerkraut/ Baked Beans and Coleslaw Seafood Salad Served Over Garden Greens with Crackers On the Side Brownies
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Navy Bean Soup Apple Sauce Roast Pork Loin with Gravy Lemon Baked Flounder <i>Side Dishes:</i> Au Gratin Potatoes Garden Vegewtables Fuji Apples Apple Pie	French Onion Soup Garlic Bread Chicken Kiev Baked Manicotti <i>Side Dishes:</i> Mashed Potatoes Corn Niblets Green Beans Pumpkin Ice Cream	Chicken Noodle Soup Tartar Sauce Filet Mignon Buffalo Wings w/ Celery Sticks <i>Side Dishes:</i> Baked Potato w/ Sour Cream Steamed Broccoli Honey Wheat Dinner Roll Tapioca Pudding	Lentil Soup Fresh Fruit Salad Omelets Made to Order Sugar Spice Salmon <i>Side Dishes:</i> Scalloped Potatoes Sauteed Baby Spinach Tartar Sauce Ice Cream Cone	Matzo Ball Soup Mustard Corned Beef and Cabbage Stuffed Shells <i>Side Dishes:</i> Boiled Potatoes Steamed Carrots Warm Breadstick NAS Chocolate Cake	Italian Wedding Soup Garden Salad Chicken Parmesan w/ Pasta Fish Florentine w/ Tartar Sauce <i>Side Dishes:</i> Rice Pilaf Fire Roasted Vegetables Garlic Bread Warm Apple Crisp	Split Pea Soup Tartar Sauce Swedish Meatballs Baked Cod Loin <i>Side Dishes:</i> Buttered Noodles Steamed Peas Peppers and Onions Rice Pudding



January 2022 Menu Selections



SUNDAY, January 30	MONDAY, January 31					
BREAKFAST	BREAKFAST					
Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked to Order Bacon/Sausage					
Belgian Waffles	Buttermilk Pancakes					
Choice of Toast Fresh Fruit Salad/Prunes	Choice of Toast Fresh Fruit Salad/Prunes					
Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Juice/Milk/Coffee/Tea Butter/Syrup/Jelly					
LUNCH	LUNCH					
Tomato Soup	French Onion Soup					
Grilled Cheese, Bacon and Tomato Sandwich w/ Potato Chips & Coleslaw	Warm Grilled Chicken Over Greens w/ Crispy Wontons and Sesame Ginger Dressing					
Taco Salad w/ Seasoned Ground Beef/Guacomole Sour Cream and Salsa	Liverwurst and Onion On Rye with Homemade Potato Salad and Pickles					
Boston Cream Pie	Oatmeal Raisin Cookies					
DINNER	DINNER					
Chicken Gumbo Soup Garden Salad	Lentil Soup Warm Breadsticks					
Chicken Pot Pie	Meatloaf with Gravy					
Crab Cake w/ Tartar Sauce <i>Side Dishes:</i> Scalloped Potatoes Sautéed Zucchini Cauliflower	Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Yukon Gold Mashed Potatoes Glazed Carrots Garden Peas					
Sugar Free Fruited Jello						