

January 2024 Menu Selections



	MONDAY, January 1	TUESDAY, January 2	WEDNESDAY, January 3	THURSDAY, January 4	FRIDAY, January 5	SATURDAY, January 6
	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Cold Cereal Oatmeal/Cr. of Wheat Eggs Cooked To Order Bacon/Sausage Fresh Baked Pastry 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 Fresh Baked Muffin 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
	French Onion Fish Sticks with French Fries, Tartar Sauce and a Lemon OR Turkey and Cheese Sandwich with Celery Apple Salad and a Pickle Ice Cream Sundae	Tuscan Bread Beef Tacos with Salsa, Sour Cream and Black Bean and Corn Medley OR Egg Salad Platter Over Garden Greens with Crackers on the Side Sliced Peaches	Manhattan Clam Chowder Shrimp Po'Boy Sandwich with Beet Salad and a Pickle OR Liverwurst and Onion on Rye Bread with Beet Salad and Pickle Chocolate Chip Cookies	Potato Leek Italian Sausage Melt on a Bun with Homemade Potato Salad OR Tuna Salad Platter Over Garden Greens with Crackers On the Side Banana Pudding	Beef Barley Chicken Sandwich with Mozzarella, Roasted Peppers, Balsamic Glaze & Potato Chips OR Chef's Salad Platter Over Garden Greens with Choice of Dressing Fruited Jello	Vegetable Pierogies with Caramelized Onions, Steamed Peas and Sour Cream OR BLT Club with Homemade Macaroni Salad and Pickle Peanut Butter Cookies
	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	Spinach and White Bean Smothered Pork Chops OR Western Quiche <i>Side Dishes:</i> Roasted Potatoes Sautéed Spinach Pearl Onions German Chocolate Cake	Chicken Noodle Filet Mignon OR Stuffed Rigatoni w/odka Sauce <i>Side Dishes:</i> Duchess Potatoes Green Beans Dinner Roll Coconut Cake	Butternut Squash BBQ Spare Ribs OR Stuffed Flounder <i>Side Dishes:</i> Baked Potato w/ Sour Cream Harvard Beets Cauliflower Brownie	Minestrone Baked Ziti with Marinara OR Chicken Cutlet <i>Side Dishes:</i> Yukon Mashed Potato Sautéed Zucchini Garlic Bread NAS Apple Pie	Carrot Dill Chicken Francaise OR Sole Almondine <i>Side Dishes:</i> Rice Pilaf Glazed Carrots Green Beans Cannoli	Tortellini Yankee Pot Roast OR Arancini with Marinara <i>Side Dishes:</i> Candied Yams Broccoli Florets Corn Niblets Vanilla Frosted Cake



<i>SUNDAY, January 7</i>	<i>MONDAY, January 8</i>	<i>TUESDAY, January 9</i>	<i>WEDNESDAY, January 10</i>	<i>THURSDAY, January 11</i>	<i>FRIDAY, January 12</i>	<i>SATURDAY, January 13</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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 Fresh Baked Pastry 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 Fresh Baked Muffin 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
Split Pea California Cheeseburger with Lettuce, Tomato, French Fries and Pickle OR Egg Salad Sandwich with Lettuce and Tomato, Potato Chips and Pickle Mandarin Oranges	Cream of Broccoli Spiral Ham with Candied Yams and Steamed Asparagus OR Stuffed Shells with Garlic Bread Cheesecake	French Onion Spring Rolls w/ Dipping Sauce, Stir Fried Rice, Stir Fried Vegetable & Fortune Cookie OR Waldorf Chicken Salad, Fresh Apples, Craisins and Toasted Almonds Tapioca Pudding	New England Clam Chowder Eggplant, Roasted Peppers, Mozzarella on a Ciabatta Roll with Cucumber Salad OR Homemade Seafood Salad Over Garden Greens with Crackers On the Side Oatmeal Raisin Cookies	Beef Barley Homemade Broccoli & Cheddar Cheese Quiche Fresh Fruit Salad On the Side OR Italian Sub Sandwich with Three Bean Salad and Potato Chips Fruit Cocktail	Vegetable Wild Angel Hair Pasta Salad w/ Grilled Chicken and Balsamic Vinaigrette OR Fresh Seasonal Fruit and Cottage Cheese Platter Pound Cake	Potato Leek Loaded Baked Potato with Bacon and Cheddar Cheese Garden Salad On the Side OR Cranberry, Apple Turkey Salad with Toasted Walnuts and Berry Vinaigrette Rice Pudding
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken and Rice Chicken Kiev OR Veggie Burger on a Bun <i>Side Dishes:</i> Yukon Mashed Potatoes Garden Vegetables Dinner Roll Red Velvet Cake	Tomato Soup Cheese Pizza OR Kielbasa with Sauerkraut <i>Side Dishes:</i> Potato Pancakes Garden Salad Cauliflower Orange Frosted Cake	Chicken Noodle Pasta Taco Casserole OR Fish Florentine <i>Side Dishes:</i> Corn Niblets Cauliflower Green Beans Cream Puffs	Butternut Squash Chicken Cacciatore OR Broiled Haddock <i>Side Dishes:</i> Rice Pilaf Sautéed Zucchini Dinner Roll Chocolate Nut Brownie	Minestrone Stuffed Peppers OR Broiled Salmon <i>Side Dishes:</i> Roasted Potatoes Creamed Spinach Dinner Roll Warm Apple Crisp	Carrot Dill Fettuccine Alfredo OR Orange Chicken <i>Side Dishes:</i> Lo Mein Noodles Broccoli Florets Steamed Carrots Blueberry Pie	Pasta Fagioli Chicken & Broccoli Stir Fry OR Eggplant Rollatini <i>Side Dishes:</i> Fried Rice Stir Fried Vegetables Garlic Bread Coconut Cake



<i>SUNDAY, January 14</i>	<i>MONDAY, January 15</i>	<i>TUESDAY, January 16</i>	<i>WEDNESDAY, January 17</i>	<i>THURSDAY, January 18</i>	<i>FRIDAY, January 19</i>	<i>SATURDAY, January 20</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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 Fresh Baked Pastry 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 Fresh Baked Muffin 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
Split Pea Fish and Chips with Tartar Sauce and Fresh Lemon Wedge OR Ham and Swiss Sandwich with Potato Salad and a Pickle Banana Pudding	Cream of Broccoli Homemade Sloppy Joe on a Bun with French Fries and Coleslaw OR Shrimp Caesar Salad with Croutons and Parmesan Cheese Sliced Peaches	Tuscan Bread Hot Pastrami on Rye with Beet Salad and a Pickle OR Tuna Salad on White Toast with Lettuce, Tomato Potato Chips and Pickle Chocolate Chip Cookies	Manhattan Clam Chowder Philly Cheesesteak with Sautéed Onions and Onion Rings OR Southwest Chicken Salad with Corn, Black Beans, Red Pepper and Romaine Lettuce NAS jello	Carrot Dill Homemade Quiche Lorraine with Fresh Fruit Salad on the Side OR Roast Beef Sandwich with Horseradish Sauce, Macaroni Salad and a Pickle Lemon Chocolate Chip Cookies	Beef Barley Grilled Chicken Cordon Bleu Panini on Sourdough with Homemade Pasta Salad OR Chef's Salad Platter Over Garden Greens Your Choice of Dressing Chocolate Pudding	Hearty Vegetable BBQ Riblet Sandwich with Onion Rings and Coleslaw OR Apple Salad with Bacon, Walnuts, Blue Cheese Crumble Over Garden Greens ice Cream Cones
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Turkey and Rice Chicken Pot Pie OR Broiled Tilapia <i>Side Dishes:</i> Buttered Noodles Glazed Carrots Steamed Peas Lemon Bar	Spinach and White Bean Roast Pork Loin with Gravy OR Baked Manicotti <i>Side Dishes:</i> Rice Pilaf Green Beans Garlic Bread Apple Dumpling	Chicken Noodle Chili Con Carne OR Cod Loin <i>Side Dishes:</i> Cornbread Broccoli Florets Corn Niblets Southern Pecan Pie	Butternut Squash Vegetable Lo Mein OR Salisbury Steak <i>Side Dishes:</i> Scalloped Potatoes Sautéed Spinach Egg Roll Chocolate Frosted Cake	Minestrone Meatloaf with Gravy OR Stuffed Sole <i>Side Dishes:</i> Mashed Potatoes Garden Vegetables Dinner Roll Pumpkin Pie	Potato Leek Pasta a la Bolognese OR Honey Glazed Salmon <i>Side Dishes:</i> Asparagus Garden Salad Garlic Bread Fresh Baked Cupcakes	Italian Wedding Rotisserie Chicken OR Cavatelli and Broccoli <i>Side Dishes:</i> Baked Sweet Potato Sautéed Zucchini Cauliflower Berry Tart



<i>SUNDAY, January 21</i>	<i>MONDAY, January 22</i>	<i>TUESDAY, January 23</i>	<i>WEDNESDAY, January 24</i>	<i>THURSDAY, January 25</i>	<i>FRIDAY, January 26</i>	<i>SATURDAY, January 27</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
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 Fresh Baked Pastry 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 Fresh Baked Muffin 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
Split Pea Macaroni and Cheese with Glazed Carrots and Steamed Peas OR Salami and Provolone on Rye with Lettuce and Tomato Potato Chips and a Pickle Rice Pudding	Carrot Dill Tomato & Fresh Mozzarella on a Ciabatta Roll with Sundried Tomato Orzo Salad OR Chicken Salad with Lemon Dill Over Garden Greens Snickerdoodle Cookies	Tuscan Bread French Bread Pizza with Garden Salad on the Side OR Bologna and Cheese with Homemade Beet Salad and Potato Chips Fruit Cocktail	Manhattan Clam Chowder Turkey Pesto Panini with Roasted Peppers, Swiss Cheese, Pasta Salad & Pickle OR Tuna Salad Platter Over Garden Greens with Crackers On the Side Cranberry Orange Cookies	Stuffed Pepper Hotdog on a Bun with Sauerkraut, Baked Beans and Coleslaw OR Tortellini Caprese Salad with Spinach and Mozzarella in a Balsamic Glaze ice Cream Sandwiches	Beef Barley BBQ meatball Sub with Onion Rings and Pickle OR Chicken Salad on White Toast with Cucumber Salad and Potato Chips Mandarin Oranges	Hearty Vegetable Lobster Roll with Corn Niblets and Coleslaw OR Antipasto Salad with Ham, Salami, Olives, Roasted Peppers & Mozzarella Tapioca Pudding
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Chicken and Rice Chicken Cutlet OR Filet of Flounder <i>Side Dishes:</i> Roasted Potatoes Green Beans Roasted Carrots Lemon Bar	Spinach and White Bean Country Fried Steak OR Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Rice Pilaf Garden Vegetables Garden Salad Carrot Cake	Chicken Noodle Garlic Parmesan Pasta OR Cod Puttanesca <i>Side Dishes:</i> Scalloped Potatoes Broccoli Florets Dinner Roll Chocolate Frosted Cake	Butternut Squash Oven Roasted Turkey OR Penne a la Vodka <i>Side Dishes:</i> Candied Yams Cauliflower Asparagus Fresh Baked Cupcakes	Minestrone Creamy Chicken Stroganoff OR Lemon Pepper Breaded Sole <i>Side Dishes:</i> Egg Noodles Green Beans Corn Niblets Sweet Potato Pie	Pasta Fagioli Stuffed Cabbage OR Stuffed Flounder <i>Side Dishes:</i> Au Gratin Potato Steamed Peas Tartar Sauce Warm Blueberry Crisp	Matzo Ball Cheese & Broccoli Stuffed <i>Chicken</i> OR Mushroom Raviolis <i>Side Dishes:</i> Mashed Potatoes Grilled Vegetables Dinner Roll Cheesecake



SUNDAY, January 28	MONDAY, January 29	TUESDAY, January 30	WEDNESDAY, January 31			
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST			
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 Fresh Baked Pastry 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			
LUNCH	LUNCH	LUNCH	LUNCH			
Tomato Soup Grilled Cheese with Crispy Bacon and Tomato w/ Carrot Raisin Salad and Potato Chips OR Baby Spinach Salad with Grilled Chicken, Fresh Strawberries & Toasted Walnuts Chocolate Pudding	French Onion Fish Sticks with French Fries, Tartar Sauce and a Lemon OR Turkey and Cheese Sandwich with Celery Apple Salad and a Pickle Ice Cream Sundae	Tuscan Bread Beef Tacos with Salsa, Sour Cream and Black Bean and Corn Medley OR Egg Salad Platter Over Garden Greens with Crackers On the Side Sliced Peaches	Manhattan Clam Chowder Shrimp Po'Boy Sandwich with Beet Salad and a Pickle OR Liverwurst and Onion on Rye Bread with Beet Salad and a Pickle Chocolate Chip Cookies			
DINNER	DINNER	DINNER	DINNER			
Chicken and Rice Hotdog and Sauerkraut OR Crab Cakes <i>Side Dishes:</i> Potato Pancakes Fire Roasted Vegetables Baked Beans Pound Cake	Spinach and White Bean Smothered Pork Chops OR Western Quiche <i>Side Dishes:</i> Roasted Potatoes Sautéed Spinach Pearl Onions German Chocolate Cake	Chicken Noodle Filet Mignon OR Stuffed Rigatoni w/ Vodka Sauce <i>Side Dishes:</i> Duchess Potatoes Green Beans Dinner Roll Coconut Cake	Butternut Squash BBQ Spare Ribs OR Stuffed Flounder <i>Side Dishes:</i> Baked Potato w/ Sour Cream Harvard Beets Cauliflower Brownie			