



January 2020



Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
Breaded Haddock Filet Herbed WW Pasta Cauliflower 3 Bean Salad Apple Milk	WW Spaghetti w/ Meat & Marinara Sauce Winter Blend Veggies Romaine Salad Fruit Cocktail Milk	Sweet & Sour Meatballs Brown Rice Oriental Veggie Blend Homemade Cole Slaw Mandarins & Pineapple Milk	Upside Down Shepard's Pie Sliced Wheat Bread Mashed Potatoes Tuscany Blend Veggies Sliced Peaches Milk	Asian Chicken Salad (Pasta) Pea Salad Homemade Carrot Salad Orange Milk
13	14	15	16	17
Chicken Enchilada w/Red Sauce Black Beans CA Blend Veggies Pear Slices Milk	Hamburger Patty w/Fixins WW hamburger Bun Scandinavian Blend Veggies Homemade Coleslaw Fruit Crisp Milk	HAPPY BIRTHDAY Cheese Ravioli w/ Meat Sauce Cooked Seasoned Spinach Italian Blend Veggies Banana Birthday Muffin Milk	Chicken Leg in Wine Sauce Sweet Potatoes Brussel Sprouts Applesauce Oatmeal Cookie Milk	Omelet w/ Cheese Roasted Parslied Potatoes Broccoli Apricot Halves Muffin Milk
20	21	22	23	24
<i>Closed in observance of Martin Luther King birthday. Home delivery clients: If you need a frozen meal speak to your site manager</i>	Pork Rib Patty w/ Brian's Homemade BBQ Sauce Barley Pilaf Herbed Carrots Pickled Beets Orange Milk	Chicken Patty w/ Gravy Whole Wheat Pasta Winter Blend Veggies 3 Bean Salad Fruit Cocktail Milk	Fish Sandwich w/ Fixins Whole Wheat Bun Corn Homemade Coleslaw Sliced Peaches Milk	Black Eyed Pea Salad Hard Boiled Egg Romaine Salad Homemade Carrot Salad Crackers Mandarins & Pineapple Milk
27	28	29	30	31
Spaghetti w/Meatballs in Marinara Sauce Whole Wheat Spaghetti Pea Salad Pears Cooked Seasoned Spinach	Chicken Stew Green Beans Crackers Homemade Carrot Salad Pineapple Tidbits Milk	Chicken Enchilada, White Sauce & Chicken Pinto Beans Broccoli Apricots Milk	Tamale Pie (Grits) Brussel Sprouts Romaine Salad Apple Milk	Turkey Pieces in Gravy Stuffing Mixed Veggies Homemade Coleslaw Banana Milk