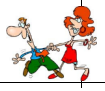
Windy Hill on the campus

1472 Roth's Church Road, Suite 103
Spring Grove, PA 17362

Lunch Served: Mon—Fri
Grab & Go Takeout - 11:30—noon
Congregate eat-in - Noon

January 2024

The Nutrition Group

MON	TUE	WED	THU	FRI
1 Center Closed  	***2*** **Reserve by: 12/25** Italian Sandwich Lettuce & Tomato Coleslaw Pasta Salad Fresh Fruit Iced Tea *Center closed* *Drive-thru* *Pick up only* *10:30—11*	***3*** Balsamic Glazed Chicken w/ Tomatoes & Mozzarella Cheese 1/2 c Penne Pasta 1/2 c Green Beans 1 Dinner Roll 1/2 c Fruited Gelatin	***4*** 1 c Cabbage Casserole w/ 2 oz Sauce 1 c Tossed Salad 1/2 c Carrots 1 White Bread Seasonal Fresh Fruit	***5*** Baked Pollock 1/2 c Macaroni & Cheese 1/2 c Spinach 1 Wheat Bread 1/2 c Mandarin Oranges
8 Swedish Meatballs (4) 1/2 c Rice 1/2 c Peas 1 Wheat Bread 1/2 c Apple Crisp	***9*** Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2 c Breakfast Potatoes 1 English Muffin w/ Jelly 4 oz. Apple Juice	***10*** 1/2 c Lemon Dijon Pork Loin 1/2 c Buttered Pasta 1/2 c Mixed Veggies 1 Wheat Bread 1/2 c Pineapple Tidbits	***11*** Baked Crab Cake 1/2 c Cheesy Potatoes 1/2 c Peas 1 Dinner Roll 1/2 c Cottage Cheese & Peaches	***12*** Mango BBQ Chicken Breast 1/2 c Brown Rice 1/2 c Carrots Wheat Bread Fresh Orange
15 Center Closed  	***16*** Pasta & Meatballs (4) 1/2 c Pasta w/ Marinara 1 c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2 c Mixed Fruit Salad	***17*** 1 c Chili 1 oz Shredded Cheddar Cheese 1/2 c Peas Cornbread Fresh Fruit	***18*** Creamy Chicken Salad w/ Lettuce & Tomato 1 c Cream of Broccoli Soup 2 Whole Wheat Bread 1/2 c Cinnamon Applesauce	***19*** Pepper Steak w/ Onions & Peppers 1/2 c Whipped Potatoes 1/2 c Diced Carrots 1 Wheat Bread 1/2 c Blushed Pears
22 1 c. Winter Beef Stew 1/2 c Mixed Veggies Cornbread 1/2 c Sliced Apples	***23*** Chicken Cobb Salad 3 oz Diced Chicken, Egg, Bacon Bits, Cheddar, over 1 c. Mixed Greens 1/2 c Diced Beets 1 Dinner Roll 1/2 c Mixed Fruit	***24*** Sweet & Sour Meatballs (4) 1/2 c. Rice 1/2 c. Peas 1 Wheat Bread Seasonal Fresh Fruit	***25*** 1 c Stuffed Pepper Casserole 1 c Tossed Salad 1/2 c Coin Carrots 1 White Bread 1/2 c Pudding  	***26*** Honey Rosemary Chicken 1/2 c Buttered Noodles 1/2 c Green Beans 1 Dinner Roll 1/2 c Peaches
29 Burgundy-Glazed Meatballs (4) 1/2 c. Rice 1/2 c. Mixed Veggies 1 Wheat Bread 1/2 c Pears	***30*** Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2 c Peas 1 White Bread Seasonal Fresh Fruit	***31*** Grilled Chicken Salad 2 oz Chicken, 1 oz Cheddar, over 1 c. Mixed Greens w/ Tomato 1 c Vegetable Soup 1 Dinner Roll 1/2 c Gelatin	All members are eligible to sign up! Must preregister by 7 am the day prior to coming into the center. Sign up on Copilot ("Grab & Go" to get a takeout meal or "Regular Lunch" or "Bagged Lunch" for congregate meal) or by leaving a message on the machine at 717.225.0733 ext 105. *Bagged Lunches MUST be ordered no later than date listed.	

Served Daily: Milk and Margarine