



## January 2023 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <div style="text-align: center;"><i>Center Closed</i></div> 	<b>3</b>  Swedish Meatballs (4) w/ Gravy 1/2 c Buttered Noodles 1/2 c Peas 1 Wheat Bread Birthday Cake!	<b>4</b>  1/2 c Roast Pork 1/2 c Sauerkraut 1/2 c Whipped Potatoes Dinner Roll Pineapple Cake	<b>5</b>  Baked Pollock 1/2 c Macaroni & Cheese 1/2 c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	<b>6</b>  Taco Salad (3 oz Taco Meat, .5 oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2 c Corn w/ Pimentos 1/2 c Pineapple
<b>9</b>  1/2 c Sweet & Sour Pork 1/2 c Rice 1/2 c Green Beans 1 Dinner Roll Fresh Fruit	<b>10</b>  Breaded Chicken Patty 1/2 c Whipped Potatoes 1/2 c Corn 1 Biscuit 1/2 c Peaches	<b>11</b>  1 c Stuffed Pepper Casserole 1/2 c Garlic Whipped Potatoes 1/2 c Coin Carrots 1 Wheat Bread 1/2 c Pudding	<b>12</b>  Turkey Chef Salad (2 oz. Turkey, Egg, Cheddar, over 1 c Mixed Greens w/ Tomato) 1/2 c Three Bean Salad 1 Dinner Roll 1/2 c Gelatin	<b>13</b>  1/2 c Sloppy Joe 1/2 c Ranch-Roasted Potatoes 1/2 c Green Beans 1 Hamburger Bun Fresh Fruit
<b>16</b>  <div style="text-align: center;"><i>Center Closed</i></div> 	<b>17</b>  3/4 c Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2 c Noodles 1 Breadstick 1/2 c Mixed Fruit	<b>18</b>  Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2 c Beets 1 Wheat Bread Seasonal Fresh Fruit	<b>19</b>  Cheese Lasagna Rollup w/ 1 oz Shredded Cheese 1 c. Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit	<b>20</b>  1/2 c. Moroccan Beef 1/2 c. Vegetable Rice 1/2 c. Oriental Vegetables 1 Wheat Bread 1/2 c. Mandarin Oranges
<b>23</b>  BBQ Pork Ribette 1/2 c Hashbrown Cubes 1/2 c Green Beans 1 Sandwich Bun 1/2 c Pienapple Delight	<b>24</b>  Chicken Alfredo 1/2 c Noodles 1/2 c Mixed Vegetables 1 Wheat Bread 1/2 cup Warm Apple Cranberry Crisp	<b>25</b>  Cheeseburger w/ Lettuce & Tomato 1/2 c Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	<b>26</b>  <div style="text-align: center;"><i>Party Day!</i></div> Open-Faced Turkey Sandwich w/ Gravy 1/2 c Whipped Potatoes w/ Chives 1/2 c Sweet Corn 1 White Bread 1 Cookie 	<b>27</b>  <div style="text-align: center;"><i>Bagged Lunch</i></div> Italian Sandwich (Ham, Salami & Provolone) Coleslaw Pasta Salad Fresh Fruit Iced Tea White Bread
<b>30</b>  Pepper Steak w/ 2 oz Gravy 1/2 c Parsley Potatoes 1/2 c Diced Carrots 1 Wheat Bread 1/2 c Blushed Pears	<b>31</b>  Grilled Chicken Salad (2 oz Chicken, Cheddar, HB Egg over 1 c Mixed Greens) 1/2 c Broccoli Salad 1 Dinner Roll 1/2 c Fruited Gelatin			<i>Windy Hill on the Campus</i> 1472 Roth's Church Road Spring Grove, PA 17362  717-225-0733

\*Menu Subject to Change due to supply shortages out of our control.

\*\*\* Served daily: Milk and Margarine

Meals are served Mondays - Fridays from 11:30 am - 12 pm in the front office for "takeout lunch" & at noon in the cafeteria for "regular lunch". All members are eligible to sign up! Must preregister by **7 am** the day prior to coming into the center. Sign up on Copilot or by leaving a message on the machine at 717.225.0733 ext 105.

