



January 2022 Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> <p>Potato Crusted Fish 1/2 cup Cheesy Potatoes 1/2 cup Stewed Tomatoes Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">4</p> <p><i>New Year's Special!</i></p> <p>Roasted Pork 1/2 cup Sauerkraut 1/2 cup Whipped Potatoes Dinner Roll Pineapple Upside Down Cake</p>	<p style="text-align: right;">5</p> <p>Creamy Chicken Divan 1/2 cup White Rice 1 cup Tossed Salad Italian Breadstick 1/2 cup Mandarin Oranges</p>	<p style="text-align: right;">6</p> <p>Frozen Meal</p>	<p style="text-align: right;">7</p> <p>Frozen Meal</p>
<p style="text-align: right;">10</p> <p>Baked Meatloaf w/ Gravy 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">11</p> <p>Pot Roast with Gravy 1/2 cup Mashed Potatoes 1/2 cup Coin Carrots Italian Bread Cookie</p>	<p style="text-align: right;">12</p> <p>Chicken Bruschetta 1/2 cup Pesto Pasta 1 cup Mixed Greens Salad Dressing 1/2 cup Island Blend Vegetables Dinner Roll Angel Food Cake w/ Berries</p>	<p style="text-align: right;">13</p> <p>Frozen Meal</p>	<p style="text-align: right;">14</p> <p>Frozen Meal</p>
<p style="text-align: right;">17</p> <p style="text-align: center;">Center Closed</p>  <p style="text-align: center;">MARTIN LUTHER KING JR. 1929 1968</p>	<p style="text-align: right;">18</p> <p>BBQ Chicken Thigh 1/2 cup Bowtie Pasta 1 cup Tossed Salad Wheat Bread Fresh Fruit</p>	<p style="text-align: right;">19</p> <p>Salisbury Steak with Gravy 1/2 cup Mashed Potatoes 1/2 cup Coleslaw Wheat Bread 1/2 cup Sliced Pears</p>	<p style="text-align: right;">20</p> <p>Frozen Meal</p>	<p style="text-align: right;">21</p> <p>Frozen Meal</p>
<p style="text-align: right;">24</p> <p>Baked Ham Slice w/ Fruit Sauce or Raisins 1/2 cup Sweet Potatoes 1/2 cup Coin Carrots Wheat Bread 1/2 cup Sliced Pears</p>	<p style="text-align: right;">25</p> <p>Baked Lasagna 1 cup Tossed Salad Garlic Breadstick 1/2 cup Cinnamon Applesauce</p>	<p style="text-align: right;">26</p> <p>Pulled Turkey with Gravy 1/2 cup Mashed Potatoes 1/2 cup Green Beans Wheat Bread Cookie</p>	<p style="text-align: right;">27</p> <p>Frozen Meal <i>Party Day!</i> <i>DJ Chris Wagman</i></p> 	<p style="text-align: right;">28</p> <p>Center Closed</p>
<p style="text-align: right;">31</p> <p>Taco Salad w/ Lettuce & Tomato 1/2 cup Spanish Rice 1/2 cup Corn & Black Bean Salad Nacho Chips 1/2 cup Pineapple Delight</p>		<p style="text-align: center;">*Menu Subject to Change due to supply shortages out of our control.</p>		

*** Served daily: Milk and Margarine

Sign up for meals on Copilot (community.copilot21.com) or by calling in to Nancy. Meals are served Mondays - Wednesdays 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 101.