



JANUARY 2020 MENU

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Italian Tomato & Rice Soup Melon Salad Ham Dinner & Pineapple Glaze Tortierre & Gravy Yam or PEI Mixed Veg. Scalloped or Mashed Potato Cherries Jubilee or ♥ Fruit	2 Beef Barley Soup Spinach Salad & Raspberry Vinaigrette Dressing Porkchop With Mushroom Sauce Sweet Chili Chicken Brussels Sprouts or Corn Mashed Potato Butterscotch Pudding or ♥ Fruit	3 Thick Hearty & Red Lentil Soup Coleslaw Country Style Beef Stew Fish & Chips & Tartar Sauce Fancy Mixed Veg. French Fries or Mashed Potato Macadamia Nut Cookie or ♥ Fruit	4 Belgian Cabbage Soup Tomato & Cucumber Salad Pork Pepper Stew (GF) Hamburger Garden Mixed Veg. Rice or Fries Baked Apple & Rum Sauce ♥ Fruit
5 Beef Barley Soup Broccoli Salad Country Fried Chicken Seafood Salad & a Croissant Garnished w/ Fresh Fruit Corn or Green Beans Potato Wedges Pumpkin Pie or ♥ Fruit	6 Corn Chowder Harvest Salad Polynesian Pork Chop (GF) Shepherds Pie Fancy Mixed Vegetables Mashed Potato or Rice Cherries Jubilee or ♥ Fruit	7 Borscht Soup Tomato & Cucumber With Sour Cream Dressing Kubasa, Cabbage Rolls, & Perogies Beef Stew (GF) & Biscuit on the Side Orange Kissed Parsnips or Mixed Vegetables Mashed Potato Ukrainian Apple Cake or ♥ Fruit	8 Beef Vegetable Veggies & Dip Chicken Wings, Veggies & Dip Country Sausage, Fried Onions & Gravy Sauerkraut or Peas Mashed Potato or Fries Strawberry Mousse or ♥ Fruit	9 Manhattan Clam Chowder Greek Salad Pork Tenderloin Cutlet, Apple Sauce & Gravy Crispy Chicken Caesar Salad & Garlic Toast Garden Mixed Vegetables Mashed Potato Rice Pudding or ♥ Fruit	10 Chicken Noodle Soup Macaroni Salad Louisiana Ribs (GF) Dill Salmon(GF) & Hollandaise Sauce Carrots or Baked Beans Rice or Baked Potato Banana Loaf With Chocolate Sauce or ♥ Fruit	11 Minestrone Spinach & Fruit Dressing Swedish Meatballs (GF) Greek Chicken Salad (GF) Fancy Mixed Veg. Mashed Potato or Noodles Chocolate Cake or ♥ Fruit
12 Cream of Potato Creamy Tomato Salad Chicken Cordon Bleu & Mushroom Sauce Beef Taco Salad w/ Salsa & Sour Cream Squash or Peas Mashed Potato Cherry Pie or ♥ Fruit	13 Chicken Gumbo Diplomat Salad Sweet & Sour Pork (GF) Chef Salad (GF) Corn or Cauliflower Mashed Potato Maple Walnut Ice Cream or ♥ Fruit	14 Beef Rice Caesar Salad Spaghetti & Meatsauce Chicken Stir-Fry Stir-Fry Veg or Zucchini Rice or Mashed Potato Bread Pudding or ♥ Fruit	15 Navy Bean Soup California Salad Beef Goulash (GF) Spinach & Cheese Quiche & a Fruit Cup Fancy Mixed Vegetables Mashed Potato or O'Brien Potato Baked Apple Slices w/ Cinnamon or ♥ Fruit	16 French Onion Soup Harvest Salad Ham Steak & Pineapple Ring Stuffed Green Pepper Sliced Beets or PEI Mixed Scalloped Potato Pineapple Yumyum Cake or ♥ Fruit	17 German Pea Soup Mushroom Salad Baked Blue Cod Fillet & Tartar Sauce (GF) Chicken Cacciatore Broiled Tomato or Broccoli Mashed Potato or Rice Tapioca Pudding or or ♥ Fruit	18 Vegetable Soup Potato Salad Pork Chop (GF), Sautéed Apples & Onions Chili Con Carne Turnips or Carrot Coins Steamed Red Potatoes w/ Dill Oatmeal Raisin Cookie or ♥ Fruit
19 Cream of Cauliflower Banana Nut Salad Roast Beef Dinner (GF), Yorkshire Pud- ding & Gravy Cold Cuts, Croissant, Fruit & Cottage Cheese Brussels Sprouts or Green Beans Mashed Potato Chocolate Cream Pie or ♥ Fruit	20 Beef Gumbo Tossed Salad Lasagna & Garlic Toast Chicken Burger w/ Lettuce & Tomato Sauteed Zucchini or Peas Mashed Potato or Fries Apple Pie or ♥ Fruit	21 Turkey Veg.etable Soup Veggies & Dip Beef Rouladen (GF) Salmon Rice Bowl & Pineapple Chunks (GF) Broccoli or Braised Red Cabbage Mashed Potato or Rice Butterscotch Pudding or ♥ Fruit	22 Seafood Chowder Bean Salad Veal Cutlet & Gravy Chicken Pie Fancy Mixed Veg. or Parsnips Mashed Potato Sticky Toffee Pudding or ♥ Fruit	23 Belgian Cabbage Soup Tossed Salad Pork Drummies Beef Stir-Fry Stir-Fry or Mixed Vegetables Mashed Potato or Rice Carrot Cake or ♥ Fruit	24 Cream of Mushroom Chantilly Salad Pork Chop With Mushroom Sauce (GF) Fish Burger Peas or Butternut Squash Mashed Potato or Fries Strawberry Rhubarb Custard or ♥ Fruit	25 Wonton Soup Chinese Noodle Salad Ginger Beef & Spring Roll Pineapple Chicken Balls Vegetable Stir-Fry or Carrots Rice or Mashed Potato Custard Tart & Fortune Cookie or ♥ Fruit
26 Beef Barley Soup Carrot Raisin Salad Turkey Breast Roast, Gravy & Cranberry Sauce (GF) Pulled Beef on a Bun Yams or Peas Mashed Potato or Fries Chocolate Sundae or ♥ Fruit	27 Chicken Vegetable Melon Salad Liver & Onions with Bacon & Gravy (GF) Chicken Fingers Garden Mixed Vegetables Mashed Potato or Fries Coconut Cream Pie or ♥ Fruit	28 Navy Bean Soup Caesar Salad Cajun Grilled Tilapia & Tartar Sauce (GF) Meatloaf & Gravy Fancy Mixed or Sliced Beets Rice Pilaf or O'Brien Potato ♥ Berry Parfait or ♥ Fruit	29 Vegetable Soup Mandarin Barley Salad Teriyaki Porkchop & Pineapple Ring(GF) Vegetarian Lasagna & Garlic Toast Carrots or Broccoli Mashed Potato Butter Tart Square or ♥ Fruit	30 Broccoli Soup Tossed Salad Beef Stroganoff Chicken Wrap Peas or Corn Mashed Potato or Egg Noodles Butter Pecan Ice Cream or ♥ Fruit	31 Chicken Rice Soup Mimosa Salad Garlic Shrimp (GF) Country Sausage, w/ Fried Onion & Gravy (GF) Green Beans or Oriental Mixed Vegetables Rice Pilaf or Mashed Potato Brownie or ♥ Fruit	