

# January Menu 2019

	1	2	3	4	5
	Green Salad Salisbury Steak Fresh Mashed Potatoes/Gravy Green Beans Beverage Choice Chef's Dessert	Green Salad Homestyle Turkey/Gravy Cranberry Sage Dressing Mixed Vegetables Beverage Choice Chef's Dessert	Green Salad Classic Baked Ham Scalloped Potatoes Chef's Steamed Vegetable Baked Roll Beverage Choice Chef's Dessert	Green Salad Teriyaki Meatballs Parsley Rice Glazed Baby Carrots Beverage Choice Chef's Dessert	Chef's Choice Assorted Pizza's Spinach Calzones Roasted Mixed Vegetable Ice Cream Sundaes
7	8	9	10	11	12
Green Salad Meatloaf Fresh Mashed Potatoes Mixed Vegetables Beverage Choice Chef's Dessert	Green Salad Penne Pasta Marinara Sauce Grilled Zucchini Beverage Choice Chef's Dessert	Green Salad Glazed Baked Ham Roasted Red Potatoes Sautéed Spinach Beverage Choice Chef's Dessert	Green Salad Beef Patty/Mushroom Sauce Rice Mixed Vegetables Beverage Choice Chef's Dessert	Green Salad Baked Chicken with Garlic and Herbs Seasoned Rice Capri Blend Beverage Choice Chef's Dessert	Chef's Choice Assorted Pizza's Spinach Calzones Roasted Mixed Vegetable Ice Cream Sundaes
14	15	16	17	18	19
Green Salad Honey Curry Chicken Breast Rice Pilaf Broccoli Baked Roll Chef's Dessert	Green Salad Easy Salisbury Steak Fresh Mashed Potatoes/Gravy Green Beans Beverage Choice Chef's Dessert	Green Salad Four Cheese Ziti Steamed Broccoli Beverage Choice Chef's Dessert	Green Salad Oven Roasted Chicken Lyonnais Potatoes Mixed Vegetables Baked Roll Chef's Dessert	Green Salad Glazed Baked Ham Roasted Red Potatoes Sautéed Spinach Beverage Choice Chef's Dessert	Chef's Choice Assorted Pizza's Spinach Calzones Roasted Mixed Vegetable Ice Cream Sundaes
21	22	23	24	25	26
Green Salad Meatloaf Fresh Mashed Potatoes Mixed Vegetables Beverage Choice Chef's Dessert	Green Salad Swedish Meatballs Home Egg Noodles Green Beans Baked Roll Chef's Dessert	Green Salad Herb Crusted Pork Roast Spinach Parmesan Roasted Potatoes Baked Roll Chef's Dessert	Green Salad Honey Curry Chicken Breast Rice Pilaf Broccoli Baked Roll Chef's Dessert	Green Salad Four Cheese Ziti Steamed Broccoli Beverage Choice Chef's Dessert	Chef's Choice Assorted Pizza's Spinach Calzones Roasted Mixed Vegetable Ice Cream Sundaes
28	29	30	31		
Green Salad Marinated Drum Sticks Mushroom Sauce Mixed Vegetable Baked Roll Chef's Dessert	Green Salad Hamburger Steak/Onions Sour Cream Potatoes Capri Blend Baked Roll Chef's Dessert	Green Salad Bacon Wrapped Patty Turkey Roast/Stuffing Baked Potato Greens Baked Roll Chef's Dessert	Green Salad Baked Chicken with Garlic and Herbs Seasoned Rice Capri Blend Beverage Choice Chef's Dessert		

*Diane Jager, RDN*  
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