

**January 2023  
Congregate Meal Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>January 2</b> <b>New Year's Day</b>  <b>CLOSED</b>	<b>January 3</b> Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Wheat Bread <b>BIRTHDAY CAKE!</b>	<b>January 4</b> 1/2c. Roast Pork 1/2c Sauerkraut 1/2c Whipped Potatoes Dinner Roll Pineapple Cake	<b>January 5</b> <b>We will be receiving bag lunches</b> Italian Sandwich (Ham, Salami & Provolone) Lettuce, Tomato, Coleslaw Pasta Salad, Fresh Fruit Milk	<b>January 6</b> Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimentos 1/2c Pineapple
<b>January 9</b> 1/2c. Sweet & Sour Pork 1/2c. Rice 1/2c Green Beans 1 Dinner Roll Fresh Fruit	<b>January 10</b> Breaded Chicken Patty 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	<b>January 11</b> 1c. Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Pudding	<b>January 12</b> Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c. Three Bean Salad 1 Dinner Roll 1/2c Gelatin	<b>January 13</b> 1/2c. Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit
<b>January 16</b> <b>Martin Luther King Day</b>  <b>CLOSED</b>	<b>January 17</b> 3/4c. Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c Noodles 1 Breadstick 1/2c Mixed Fruit	<b>January 18</b> Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 Wheat Bread Seasonal Fresh Fruit	<b>January 19</b> Cheese Lasagna Rollup w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit	<b>January 20</b> 1/2c. Moroccan Beef 1/2c Vegetable Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges
<b>January 23</b> <b>We will be receiving bag lunches</b> Chicken Salad w/Lettuce & Tomato Macaroni Salad Pickled Beets Fresh Fruit Cookie Milk	<b>January 24</b> Chicken Alfredo 1/2c Noodles 1/2c Mixed Vegetables 1 Wheat Bread 1/2c. Warm Apple Cranberry Crisp	<b>January 25</b> Cheeseburger w/ Lettuce, Tomato 1/2c. Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	<b>January 26</b> Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread 1 Cookie	<b>January 27</b> <b>We will be receiving bag lunches</b> Tuna Salad on a Wheat Roll Fruit Juice Cucumber Salad Cookie Milk
<b>January 30</b> Pepper Steak w/ 2oz Gravy 1/2c Parsley Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	<b>January 31</b> Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Fruited Gelatin		  <i>*menu subject to change</i>	

\*\*\* Served daily: 8 ounces Milk and 1 tablespoon Margarine