

January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Turkey Supreme Spinach Blueberry Cup Oatmeal Raisin Bar	Tuna Salad Sandwich Chips Coleslaw Pineapple Pumpkin Bar	Beef Stroganoff Brussels Sprouts Cherries Spiced Pears	Lentil Soup 1/2 Egg Sandwich Baked Squash Crackers Fruit Cocktail	Meatloaf Creamed Potatoes Winter Mix Vegetables Tropical Fruit Wheat Dinner Roll
10	11	12	13	14
Minestrone Soup 1/2 Ham Salad Sandwich Carrots Apricots Strawberry Yogurt Salad	Ranchero Steak Potato Wedges Spinach Salad Plums Frosted Brownie	BBQ Chicken Roasted Baby Potatoes Asparagus Banana Cherry Crisp	Pork Chop w/ Brown Gravy Duchess Potatoes Garden Mix Vegetables Lime Salad Peaches	Grilled Chicken Salad Baked Potato Apple Garlic Bread Stick Oatmeal Cookie
17	18	19	20	21
Lemon Fish Parslied Potatoes Creamed Asparagus Pears Chocolate Pudding	Meatball Sandwich Tater Tots Seasoned Zucchini Peaches Butterscotch Bar	Ham & Bean Soup Broccoli Salad Applesauce in Cherry Gelatin Tropical Fruit Cornbread	Oven Fried Chicken Mashed Potatoes w/ Gravy Lima Beans Strawberries & Bananas Snickerdoodle Cookie	Beef Pepper Steak Over Rice Spinach Salad Plums Bing Cherry Jell-O Salad
Martin Luther King Jr. Day				
24	25	26	27	28
Herb Baked Chicken Roasted Red Potatoes Green Beans Amandine Pineapple	Hamburger on a Bun Tomato/Lettuce/Onion Potato Salad Baked Beans Applesauce	Dijion Pork Roast Baby Bakers Peas & Carrots Mandarin Oranges	Chicken & Rice Soup Crackers Broccoli Berry Cup Chocolate Peanut Butter Brownie	Salmon Loaf Mashed Potatoes Carrots Banana Vanilla Cream Pudding
31				
Spaghetti w/ Meat Sauce Lettuce Salad Garlic Bread Stick Grapes Apple Crisp				

**Milk offered with all meals. All meals meet 1/3 of the Recommended Dietary Allowances (RDA) for older adults.

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