



MONTHLY MENU

JANUARY 2024

Week 1

	SUN	MON	TUE	WED	THUR	FRI	SAT
BREAKFAST	Choice of Cereal Pancakes Sausage Links Syrup Margarine Jelly Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Toast Bacon Sausage Patty Margarine Juice Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Bacon Toast Cinnamon Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Biscuits and Sausage Margarine Juice Milk Coffee/Tea	Choice of Cereal French Toast Sticks Eggs of Choice Syrup Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Toast Margarine Juice Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Sausage Patty Mini Muffin Margarine Juice Milk Coffee/Tea
LUNCH	Garlic Parmesan Chicken Breast Fettuccine Pasta Sauteed Zucchini Garlic Toast Frosted Cake Margarine Coffee/Tea	Roasted Pork Tenderloin Black Eyed Peas Collard Greens Cornbread Chocolate Pudding Margarine Coffee/Tea	Chicken Gumbo White Rice Vegetable Blend Cornbread Fresh Baked Cookies Margarine Coffee/Tea	Meatloaf Mashed Potatoes Green Beans Choice of Roll Brownie Brown Gravy Margarine Coffee/Tea	Turkey Pot Pie Pickled Beets Choice of Roll Peanut Butter Cookie Margarine Coffee/Tea	Fried Fish French Fries Creamy Cole Slaw Cornbread Frosted Marble Cake Margarine Coffee/Tea	Italian Sausage w/ Peppers & Onions American Fried Potatoes Cooked Cabbage Choice of Roll Fruit Cocktail Margarine Coffee/Tea
SUPPER	Fried Fish Sandwich French Fries Tossed Salad Choice of Dressing Cinnamon Applesauce Tartar Sauce Margarine Milk Coffee/Tea	Beef Tetrazzini Carrots Choice of Roll Seasonal Fruit Margarine Coffee/Tea	Southwest Beef Mac & Cheese Broccoli Choice of Roll Diced Pears Margarine Milk Coffee/Tea	Corn Chowder Saltines Ham and Cheese Mixed Berries Marinated Cucumbers & Tomatoes Mandarin Oranges Milk Coffee/Tea	Chili with Beans Baked Potato Choice of Roll Sandwich Sour Cream and Chives Margarine Milk Coffee/Tea	Vegetable Soup Saltines Chicken Salad Sandwich Potato Chips Apple Slices Milk Coffee/Tea	Chicken Tacos Chopped Tomato & Onion Mexican Corn Salsa Ice Cream Margarine Milk Coffee/Tea

Week 2

	SUN	MON	TUE	WED	THUR	FRI	SAT
BREAKFAST	Choice of Cereal Eggs of Choice Breakfast Ham Slice Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Toast Bacon Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Sausage Patty Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Biscuits and Sausage Margarine Juice Milk Coffee/Tea	Choice of Cereal Hard Boiled Egg Sausage Patty Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Pancakes Eggs of Choice Syrup Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Toast Jelly Margarine Juice Milk Coffee/Tea
LUNCH	Country Fried Steak Cream Sauce Mashed Potatoes Honey Glazed Carrots Choice of Roll Fruit Crisp Margarine Coffee/Tea	Maple Glazed Fish Garden Rice Blend Broccoli Choice of Roll Lemon Cheesecake Bar Margarine Coffee/Tea	Chicken Jambalaya Au Gratin Potatoes Cooked Cabbage Choice of Roll Seasonal Fruit Margarine Milk Coffee/Tea	Beef Shepherd's Pie Whole Baby Carrots Choice of Roll Fruited Gelatin Margarine Coffee/Tea	Fried Chicken Macaroni & Cheese Mixed Vegetables Choice of Roll Banana Pudding Margarine Coffee/Tea	Breaded Fish Potato Wedges Capri Vegetable Blend Choice of Roll Frosted Chocolate Cake Margarine Coffee/Tea	Baked Glazed Ham Baked Sweet Potato Green Beans Choice of Roll Strawberry Shortcake Margarine Coffee/Tea
SUPPER	Tuna Salad Pasta Salad Tomato Slices Diced Pears Margarine Milk Coffee/Tea	Spaghetti Sauce w/ Meatballs w/ Noodles Vegetable Blend Choice of Roll Garlic Toast Orange Wedges Milk Coffee/Tea	Polish Sausage Au Gratin Potatoes Cooked Cabbage Choice of Roll Seasonal Fruit Margarine Milk Coffee/Tea	Tomato Soup Turkey & Cheese Sandwich Potato Salad Cinnamon Applesauce Mayonnaise Packet Milk Coffee/Tea	Hamburger Steak with Gravy Buttered Noodles Succotash Vegetable Blend Cornbread Sliced Peaches Milk Coffee/Tea	Pulled Pork Creamy Cole Slaw Baked Beans Pineapple Chunks Milk Coffee/Tea	Beef Macaroni Casserole Peas & Carrots Choice of Roll Apple Slices Margarine Milk Coffee/Tea

Week 3

	SUN	MON	TUE	WED	THUR	FRI	SAT
BREAKFAST	Choice of Cereal French Toast Sticks Sausage Links Syrup Margarine Jelly Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Toast Cinnamon Margarine Juice Milk Coffee/Tea	Choice of Cereal Hard Boiled Egg Sausage Patty Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Biscuits and Sausage Margarine Juice Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Bacon Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Sausage Patty Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Muffin Margarine Juice Milk Coffee/Tea
LUNCH	Baked Chicken Roasted Red Potatoes Broccoli Choice of Roll Frosted Yellow Cake Margarine Coffee/Tea	Swedish Meatballs Egg Noodles Green Peas Choice of Roll Sugar Cookie Margarine Coffee/Tea	Rasta Pasta Carrots Garlic Toast Orange Sherbet Margarine Coffee/Tea	Beef Pepper Patty Mashed Potatoes Roasted Zucchini Choice of Roll Pie Brown Gravy Margarine Coffee/Tea	BBQ Chicken Thighs Butter Beans California Veg Blend Choice of Roll Vanilla Pudding Margarine Coffee/Tea	Fried Fish Red Beans and Rice Seasoned Greens Biscuit Apple Slices Margarine Milk Coffee/Tea	Turkey Pot Roast Baked Sweet Potato Green Beans Choice of Roll Pumpkin Pie Margarine Coffee/Tea
SUPPER	Lemon Baked Fish Garden Rice Blend Carrots Choice of Roll Cinnamon Applesauce Margarine Milk Coffee/Tea	Pork Adobo Black Beans Fajita Vegetables Sandwich Margarine Milk Coffee/Tea	Cream of Tomato Soup Saltines Turkey and Swiss Sandwich Three Bean Salad Mixed Berries Margarine Milk Coffee/Tea	Creole Shrimp and Grits Tossed Salad Choice of Roll Seasonal Fruit Choice of Dressing Margarine Milk Coffee/Tea	Hot Dog Baked Beans Creamy Cole Slaw Pineapple Chunks Milk Coffee/Tea	Salisbury Steak w/ Gravy Onion Roasted Potatoes Carrots Choice of Roll Fresh Baked Cookies Margarine Coffee/Tea	Vegetable Soup Saltines Ham Sandwich Potato Chips Tropical Fruit Ketchup Pkt Milk Coffee/Tea

Week 4

	SUN	MON	TUE	WED	THUR	FRI	SAT
BREAKFAST	Choice of Cereal Omelet Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Sausage Links Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Toast Jelly Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Mini Muffin Margarine Juice Milk Coffee/Tea	Choice of Cereal Biscuit Sausage Patty Margarine Juice Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Toast Margarine Juice Milk Coffee/Tea	Choice of Cereal Eggs of Choice Breakfast Ham Slice Biscuit Margarine Juice Milk Coffee/Tea
LUNCH	Honey Mustard Pork Tenderloin Black Eyed Peas Collard Greens Cornbread Apple Cobbler Margarine Coffee/Tea	Beef Stroganoff Egg Noodles Carrots Choice of Roll Ice Cream Margarine Coffee/Tea	Chicken Rice Casserole Mixed Vegetables Choice of Roll Chocolate Chip Cookie Margarine Coffee/Tea	Pot Roast Mashed Potatoes California Veg Blend Choice of Roll Frosted Yellow Cake Margarine Coffee/Tea	Fried Chicken Baked Sweet Potato Broccoli Choice of Roll Pudding & Cookie Parfait Margarine Coffee/Tea	Fried Fish French Fries Creamy Cole Slaw Cornbread Fruit Cocktail Tartar Sauce Margarine Milk Coffee/Tea	Roast Turkey Cornbread Dressing Green Beans Choice of Roll Brownie Gravy Margarine Coffee/Tea
SUPPER	Salmon Croquettes White Rice Stewed Tomatoes Choice of Roll Diced Pears Margarine Milk Coffee/Tea	Chicken Tenders Potato Wedges Broccoli and Cheese Apple Slices Margarine Milk Coffee/Tea	Beef Tacos Shredded Lettuce & Diced Tomato Spanish Rice Black Beans Pineapple Chunks Salsa Margarine Milk Coffee/Tea	Cajun Baked Fish Mexican Corn Roasted Zucchini Choice of Roll Seasonal Fruit Ketchup Milk Coffee/Tea	BBQ Pork Sandwich Creamy Cole Slaw Baked Beans Cinnamon Applesauce Margarine Milk Coffee/Tea	Sweet & Sour Meatballs White Rice Sugar Snap Peas Choice of Roll Sugar Cookie Margarine Coffee/Tea	Country Fried Steak Mashed Potatoes Peas & Carrots Choice of Roll Mandarin Oranges Gravy Margarine Milk Coffee/Tea