

Breakfast

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Egg & Sausage Bake, Choice of Hot or Cold cereal, Toast	2 Egg, Bacon, Choice of Hot or Cold cereal, Toast	3 Waffles W/Fruit Choice of Hot or Cold cereal, Toast	4 Eggs Florentine, Choice of Hot or Cold cereal, Toast
5 Danish, Boiled Egg Choice of Hot or Cold cereal, Toast	6 Cheese Omelet, Fruit, Choice of Hot or cold cereal, Toast	7 French Toast, Sausage Links Choice of Hot or cold cereal, Toast	8 Frittata, Choice of Hot or cold cereal, Toast	9 Cheesy Scrambled Eggs, Sausage Patty, Choice of Hot or cold cereal, Toast	10 Egg Patty, Canadian Bacon & Cheese on Croissant, Choice of Hot or cold cereal, Toast	11 Egg, Bacon, Choice of Hot or cold cereal, Toast
12 Biscuits & Sausage Gravy, Boiled Egg, Choice of Hot or Cold cereal, Toast	13 Pancakes, Smoky Links, Choice of Hot or cold cereal, Toast	14 Cheesy Scrambled Eggs, Bacon, Choice of Hot or cold cereal, Toast	15 Morning Glory Muffin, Boiled Eggs, Choice of Hot or cold cereal, Toast	16 Egg Patty, Sausage Patty on English Muffin, Choice of Hot or cold cereal, Toast	17 Frittata. Choice of Hot or cold cereal, Toast	18 Scrambled Eggs, Turkey Sausage, Choice of Hot or cold cereal
19 Coffeecake, Scrambled Eggs, Choice of Hot or cold cereal	20 Egg, Bacon, Choice of Hot or cold cereal	21 Frittata, Choice of Hot or cold cereal	22 Cinnamon French Toast, Sausage Links, Choice of Hot or cold cereal	23 Quiche, Choice of Hot or cold cereal	24 Cinnamon Roll, Boiled Eggs, Choice of Hot or cold cereal	25 Cheese Omelet, Choice of Hot or cold cereal
26 Western Egg Bake, Choice of Hot or cold cereal	27 Frittata, Choice of Hot or cold cereal	28 National Blueberry Pancake Day! Smoky Links, Choice of Hot or Cold cereal, Toast	29 Yogurt Parfait, Muffin, Choice of Hot or cold cereal	30 Biscuits & Sausage Gravy, Boiled Eggs, Choice of Hot or cold cereal	31 Egg & Sausage Strata, Choice of Hot or cold cereal	

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Dinner

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Prime Rib, Mashed Potatoes & Gravy, Green Beans, Roll, Ice Cream	2 Teriyaki Chicken, Chicken Rice, Oriental Vegetables, Crab Rangoon's, Red Velvet Cake Roll	3 Sweet Potato Crusted Pollock, Steak Fries, Capri Blend, Roll Apple Bars	4 Spaghetti & Meatballs, Tossed Salad, Garlic Bread, Cookie
5 BBQ Chicken Thighs, Red Potatoes, Cauliflower, Wheat Bread Ice Cream	6 Pork Chops, Mashed Potatoes & Gravy, Green Bean Casserole, Roll Pudding	7 Meatloaf, Au Gratin Potatoes, Prince Charles, Brownie	8 Chicken Breast, Sweet Potatoes, California Blend, Roll Peach Crisp	9 Swedish Meatballs, Egg Noodles, Green Peas, Dessert	10 Lemon Pepper Tilapia, Mushroom Stuffing, Chalet Blend, Roll Apple Pie Ala Mode	11 BBQ Pork Ribs, Baked Potato, Broccoli, Roll Nanaimo Bar
12 Roast Turkey , Stuffing, California Blend, Cranberry Sauce, Ice Cream	13 Beef Roast, Mashed Potatoes & Gravy, Baby Carrots, Roll, Cheesecake	14 Chicken Pot Pie, Tossed Salad, Wheat Bread Carrot Cake	15 Tortellini Casserole, Tossed Salad, Garlic Breadstick, Brownie	16 Chicken Cordon Bleu, Red Potatoes, Green Beans, Pudding & Cookie Parfait	17 Pecan Crusted Tilapia, Sweet Potatoes, Cauliflower, Roll Cookie	18 Beef Tips, Egg Noodles, Green Peas, Bread, Cherry Pie
19 Ham, Mashed Potatoes & Gravy, California Blend,, Wheat Bread Ice Cream	20 Baked Chicken, Party Potatoes, Broccoli & Cheese, Roll Cookie	21 Lasagna, Tossed Salad, Garlic Toast, Cannoli's	22 Shepard's Pie, Cottage Cheese Salad, Roll Blonde Brownie	23 Baked Chicken Legs, Mashed Potatoes & Gravy, Cole Slaw, Corn, Biscuit National Pie Day!	24 Tortilla Crusted Tilapia, Mexican Rice, Fiesta Corn, Roll Bar	25 Shrimp Fettuccine Alfredo, Salad, Garlic bread Dessert
26 Pork Roast, Mashed Potatoes & Gravy, Baby Carrots, Roll Ice Cream	27 Chicken Thighs, Diced Potatoes, Tossed Salad, Garlic Toast Chocolate Cake	28 Meatloaf, Mashed Potatoes & Gravy, Prince Charles Blend, Cherry Pie Ala Mode	29 Broccoli Chicken, Chicken Rice, Chalet Blend, Brownie	30 Pork Chops, Mashed Potatoes & Gravy, Green Beans, Wheat Bread Pudding	31 Butter Crusted Scrod, Noodles, Capri Blend, Roll Dessert	

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Supper

JANUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ham & Cheese Slider, Macaroni & Cheese, Jello	2 Vegetable Soup, Tossed Salad, Roll Fruit Cocktail	3 Hotdog on Bun, Baked Beans, Carrot-Raisin Salad Mandarin Oranges	4 Chicken Noodle Soup, Turkey & Swiss Sandwich Mixed Melon
5 Grilled Cheese sandwich, Tomato Soup, Strawberry Cottage Cheese Salad	6 Tater Tot Casserole, Wheat Bread, Applesauce	7 Cauliflower Soup, Chef's Salad, Peaches	8 Goulash, Wheat Bread, Mixed Melon	9 Turkey Wrap, Cottage Cheese, Apricots	10 Minestrone Soup, Tossed Salad W/ Turkey, Mixed Fruit	11 Chicken Salad on Croissant, Chips, Pears
12 Ham Slice, Split Pea Soup, Wheat Bread Jell-O W/ Mandarin Oranges	13 Turkey & Swiss Slider, Marinated Cucumbers, Fruit Salad	14 Ham & Potato Au Gratin, Wheat Bread Melon	15 White Chicken Chili, Corn Muffin Mixed Fruit	16 Hotdog on Bun, French Fries, Cole Slaw, Pineapple Chunks	17 Vegetable Soup, Chef's Salad Fruit Cocktail	18 Hamburger, Chips, Peaches
19 Chicken Tenders, Tater Tots, Broccoli Slaw Applesauce	20 Fish Sticks, French Fries, Cottage Cheese Mixed Melon	21 Pulled Pork on Bun, German Potato Salad, Baked Beans, Pears	22 Broccoli Cheese Soup, Tossed Salad w/Ham Mixed Fruit	23 Tuna Sandwich, Pasta Salad, Jell-O	24 Hot Turkey Sandwich, Mashed Potatoes & Gravy, Wax Beans Peaches	25 Brats with Kraut, on Bun, Bean Soup Mandarin Oranges
26 Chili, Cornbread, Mixed Melon	27 Chicken on Bun, Sweet Potato Fries, Red Grapes	28 Cabbage Rolls, Mashed Potatoes, Stewed Tomatoes, Mixed Fruit	29 Tuna Casserole, Wheat Bread, Pears	30 Turkey Sandwich, Macaroni Salad Fruit Cocktail	31 Sloppy Joe's, Macaroni Salad Jell-O	

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