

**Breakfast****JANUARY 2023**

Menu subject to change due to availability

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
1 Donut, Yogurt Cup, Choice of Hot or cold cereal, Toast	2 Breakfast Bowl, Choice of Hot or cold cereal, Toast	3 Biscuits & Gravy, Egg Patty, Choice of Hot or Cold cereal, Toast	4 Muffin, Boiled Egg, Choice of Hot or cold cereal, Toast	5 Egg, Ham Slice, Choice of Hot or cold cereal, Toast	6 Pancakes, Sausage, Choice of Hot or cold cereal, Toast	7 Egg, Hash Brown Patty, Choice of Hot or Cold cereal, Toast
8 French Toast, Smoky Links, Choice of Hot or cold cereal, Toast	9 Scrambled Eggs, Bacon, Choice of Hot or cold cereal, Toast	10 Egg Bake, Choice of Hot or cold cereal, Toast	11 Muffin, Yogurt, Choice of Hot or cold cereal, Toast	12 Egg, Ham Slice, Choice of Hot or cold cereal, Toast	13 Danish, Boiled Egg, Choice of Hot or cold cereal, Toast	14 Omelet, Choice of Hot or cold cereal, Toast
15 Coffeecake, Boiled Egg, Choice of Hot or cold cereal, Toast	16 Eggs Florentine, Choice of Hot or cold cereal, Toast	17 Donut, Yogurt Cup, Choice of Hot or cold cereal, Toast	18 Frittata, Choice of Hot or cold cereal, Toast	19 Waffles W/ Fruit, Smoky Links, Choice of Hot or cold cereal, Toast	20 Egg Patty, Cheese & Sausage Patty Croissant, Choice of Hot or cold cereal Toast	21 Omelet, Bacon, Choice of Hot or cold cereal, Toast
22 Pancakes, Sausage Links, Choice of Hot or Cold cereal, Toast	23 Eggs Benedict, Choice of Hot or cold cereal, Toast	24 French Toast, Smoky Links, Choice of Hot or cold cereal, Toast	25 Scrambled Eggs, Sausage, Choice of Hot or cold cereal, Toast	26 Muffin, Boiled Eggs, Choice of Hot or Cold cereal, Toast	27 Egg, Bacon, Choice of Hot or Cold cereal, Toast	28 Egg Bake, Choice of Hot or cold cereal Toast
29 Pig in a Blanket, Citrus Fruit, Choice of Hot or Cold cereal, Toast	30 Breakfast Scramble, Choice of Hot or cold cereal, Toast	31 Cinnamon Roll, Boiled Eggs, Choice of Hot or cold cereal, Toast				

## Dinner

# JANUARY 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 BBQ Ribs, Baked Potatoes, California Blend, Ice Cream	2 Bourbon Chicken, Cheesy Potatoes, Cauliflower, Corn Bar	3 Lasagna, Tossed Salad, Garlic Bread Pie	4 Pizza, Pop, Pasta Salad, Cookie	5 Shepherd's Pie, Fruit Salad, Roll,	6 Pollock, Rice, Prince Charles Blend,	7 Open Faced Turkey Sandwich, Mashed Potatoes & Gravy, Peas & Carrots,
4 Pork Roast, Potatoes & Gravy, Green Beans, Red Cabbage, Ice Cream	5 Chicken, Baby Baked Potatoes, Vegetable Blend, Dessert	6 Beef Stew, Biscuit, Fruit Salad, Dessert	7 Broccoli Stuffed Chicken, Chicken Rice, Normandy Blend Vegetables, Pie	8 Swedish Meatballs, Noodles, Green Peas,	9 Pecan Crusted Tilapia, Sweet Potatoes, Cauliflower Cookie	10 Chicken Fettuccini Alfredo, Cottage Cheese, Breadsticks Dessert
11 Beef Roast, Mashed Potatoes & Gravy, Carrots, Beets, Ice Cream	12 Chicken Thighs, Baked Potatoes, Green Beans, Dessert	13 Riblets, Scalloped Potatoes, Corn Bake, California Blend, Cake	14 Chicken Legs, Potatoes & Gravy, Cole Slaw, Corn, Biscuit, Cookie	15 Beef Tips, Noodles, Peas, Roll Dessert	16 Pollock, Rice, Normandy Blend, Pudding	17 Spaghetti & Meat Sauce, Garlic Bread, Cottage Cheese, Bar
18 Roast Turkey, Stuffing, Prince Charles, Cranberry sauce, Ice Cream	19 Meatloaf, Scalloped Potatoes, Peas & Carrots, <b>National Pie Day!</b>	20 Shrimp Alfredo, Broccoli, Breadsticks Bar	21 Kielbasa & Cabbage, Potatoes, Carrots Pie	22 Stuffed Chicken, Party Potatoes, Mixed Vegetables Bar	23 Cod, Rice, Capri blend, Roll Cake	24 Chicken Casserole, Roll, Pudding
29 Beef Roast, Mashed Potatoes & Gravy, Green Beans, Ice Cream	30 Baked Chicken, Chicken Rice, Scandinavian Blend, Bar	31 Smothered Pork Chops, Mashed Potatoes & Gravy, Baby Carrots, Dessert				

## Supper

# JANUARY 2023

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Sub Sandwich, Chips, Fruit	2 Cabbage Rolls, Mashed Potatoes, Stewed Tomatoes, Mixed Fruit	3 White Chicken Chili, Corn Muffins, Pineapple	4 Fishwich Sandwich, Tater Tots  Jell-O w/ Fruit	5 Grilled Turkey & Swiss Sandwich, Potato Soup, Pears	6 Goulash, Wheat Bread, Peaches	7 Hotdog, Baked Beans, Chips, Fruit
8 Turkey Club, 3 Bean Salad, Jell-O	9 Ham and Cheese Sandwich, Bean Soup, Pineapple	10 Pulled Chicken on Bun, Tossed Salad, Watermelon	11 Grilled Ham & Cheese, Potato Salad, Fruit Cocktail	12 Sloppy Joes, Chips, Cole Slaw	13 Beef & Provolone sandwich, Green Pepper Soup, Mixed Fruit	14 Bologna & Cheese Sandwich, Macaroni & Cheese, Mixed Fruit
15 Ham Salad on Bun, Bacon-Pea Salad, Mixed Fruit	16 Tater Tot Casserole, Roll, Peaches	17 Grilled Cheese, Tomato Soup, Watermelon	18 Turkey Pastrami on Bun, German Potato Salad, Pears	19 Chicken Slider, Chips, Jell-O w/ Fruit	20 Turkey & Swiss Sandwich, Chicken Noodle Soup, Fruit	21 Mexican Rice, Tortillas, Mixed Melon
22 French Dip, French Fries, Mixed Fruit	23 Pepperoni Pizza Pasta Salad, Jell-O w/ Fruit	24 Chicken Salad on Croissant, Carrot-Raisin Salad, Pears	25 Hamburger on Bun, Chips, Watermelon	26 Grilled Ham & Cheese Sandwich, Macaroni & Cheese, Peaches	27 Sloppy Joe's, Broccoli Salad, Chips, Fruit	28 Chili, Cornbread, Pineapple
29 Tuna Melt, Pasta Salad, Mixed Fruit	30 Rueben Sandwich, Potato Chips, Pears	31 Turkey Sandwich, Broccoli Cheese Soup, Mixed Melon				