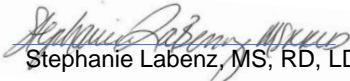


January 2021

Monday	Tuesday	Weenesday	Thursday	Friday
				1 2021 Happy New Year!! CLOSED
4 Grilled Chicken Salad Baked Potato Apple Roll Cookie	5 Swiss Steak Rice Spinach Salad Fruit Frosted Brownie Dinner Roll	6 BBQ Chicken Potatoes Asparagus Banana Cherry Crisp	7 Pork in Brown Gravy Potatoes Vegetables Lime Jello Peaches	8 Minestrone Soup 1/2 Ham Salad Sandwich Carrots Blueberry Cup Strawberry Yogurt
11 Lemon Fish Parslied Potatoes Creamed Asparagus Pears Mandarin Oranges	12 Meatball Sandwich Tri Tater Zucchini Peaches Dessert	13 Ham & Bean Soup Broccoli Salad Applesauce in Gelatin Tropical Fruit Cornbread	14 Chicken Nuggets Mashed Potatoes w/ Gravy Beans Strawberries & Bananas Cookie	15 Beef Pepper Steak Over Rice Spinach Salad Mandarin Oranges Dessert
18 Cook's Choice Chicken Parmesan Mixed Vegetables Fresh Pear Dessert	19 Hamburger on a Bun Lettuce/Onion Potato Salad Baked Beans Applesauce	20 Fish Potatoes Carrots Banana Vanilla Cream Pudding	21 Chicken Noodles over Whipped Potatoes Caribbean Vegetables Orange Brownie	22 Beef Patty & Onions Escalloped Potatoes Peas & Carrots Strawberry Short Cake
Martin Luther King Jr. Day				
25 Cook's Choice Beef & Cheddar Sandwich French Fries Tomato Salad Apple Dessert	26 Turkey Supreme Mashed Potatoes Spinach Peaches Cookie	27 Tuna Salad Sandwich Chips Coleslaw Pineapple Dessert	28 Spaghetti w/ Meat Sauce Lettuce Salad Garlic Bread Stick Grapes Apple Crisp	29 Chili 1/2 Egg Sandwich Crackers Fruit Cocktail in Jello Dessert

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


Stephanie Labenz, MS, RD, LD