

# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Pot Pie	<b>Cook's Choice</b>	Vegetable Beef Soup	Tuna Salad Sandwich	Meatloaf
Butter Beans	Macaroni & Cheese	Brussels Sprouts	Chips	Potatoes
Mixed Fruit	w/Diced Ham	Cherries	Coleslaw	Mixed Vegetables
Cookie	Peas	Spiced Pears	Pineapple	Tropical Fruit
	Applesauce	Crackers	Dessert	Roll
	Dessert			
10	11	12	13	14
Minestrone Soup	Ranchero Steak	BBQ Chicken	Pork in Gravy	Grilled Chicken Salad
1/2 Ham Salad Sandwich	Rice	Potatoes	Potatoes	Baked Potato
Carrots	Spinach	Asparagus	Mixed Vegetables	Apple
Peaches	Pineapple Tidbits	Banana	Applesauce in Jello	Garlic Bread
Yogurt	Brownie	Cherry Crisp		Cookie
17	18	19	20	21
Lemon Fish	Meatball Sandwich	Ham & Bean Soup	Oven Fried Chicken Patty	Beef Pepper Steak
Parslied Potatoes	Tater Tots	Broccoli	Mashed Potatoes w/ Gravy	Over Rice
Asparagus	Seasoned Zucchini	Applesauce	Beans	Spinach
Pears	Peaches	Tropical Fruit	Strawberries	Tropical Fruit
Chocolate Pudding	Dessert	Cornbread	Cookie	Pudding
<b>Martin Luther King Jr. Day</b>				
24	25	26	27	28
<b>Cook's Choice</b>	Hamburger on a Bun	Baked Chicken	Chicken & Noodles	Salmon Patty
Chili Dog	Lettuce/Onion	Potatoes	Crackers	Mashed Potatoes
Corn	French Fries	Green Beans Amandine	Broccoli	Carrots
Chips	Baked Beans	Pineapple	Mixed Berries	Banana
Mandarin Oranges	Applesauce		Brownie	Vanilla Cream Pudding
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Spaghetti w/ Meat Sauce		<b>TO CANCEL YOUR MEAL,</b>		<b>If we need to close for any</b>
Lettuce Salad		<b>PLEASE CALL</b>		<b>reason, you should get an</b>
Garlic Bread		<b>641-792-7102</b>		<b>automated call around 9AM</b>
Pears		<b>MEALS WILL NOT BE</b>		
Apple Crisp		<b>LEFT IF YOU ARE</b>		
		<b>NOT HOME.</b>		

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

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