





JANUARY 2018 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
HAPPY NEW YEAR!	Beef Stroganoff and Noodles Stewed Tomatoes Broccoli Raisin Salad Peach Crisp	Baked Chicken Mashed Potatoes w/ Gravy Cranberry Brussel Sprouts Cinnamon Applesauce	Pork Loin Baked Potato Cooked Cabbage & Onions Cook's Fruit Bar Tomato Juice	COOK'S CHOICE
8	9	10	11	12
Scalloped Potatoes & Ham Broccoli Hot Fruit Compote OJ	Crunchy Baked Fish Tartar Sauce Sweet Potato Creamed Peas Orange/Banana/Pineapple Tomato Juice	Swedish Meatballs Baked Potato w/ Sour Cream Harvard Beets Mixed Fruit	Turkey Noodle Casserole Garden Beans Cranberry Pear Crisp WW Roll Tomato Juice	Taco Soup -or- White Chili Tortilla Chips Lettuce Salad Applesauce Jello
15	16	17	18	19
Chili Cinnamon Roll Baby Carrots Chilled Peaches Grape Juice	COOK'S CHOICE	 Meat Loaf Boiled Potatoes Spinach Au Gratin Strawberries Angel Food Cake	Creamed Chicken over Biscuit Brussel Sprouts Pineapple Tomato Juice	Liver & Onions -OR- Beef Patty Mashed Potatoes Mixed Vegetables Oatmeal Raisin Bar OJ
22	23	24	25	26
Hot Roast Beef Sandwich Broccoli Banana Half Vanilla Pudding	Orange Glazed Chicken Brown Rice Tomatoes Florentine Applesauce	Hearty Veg Beef Soup WW Roll with butter Celery Sticks Peaches PNB Cookie	 Turkey Roast Potatoes w/Gravy Peas & Carrots Pumpkin Custard Tomato Juice	Crunchy Baked Fish Parsleyed Potatoes Herbed Green Beans Pineapple Crunch
29	30	31	Each Meal Includes:	
COOK'S CHOICE	Swiss Style Gr. Beef Squash Scalloped Cabbage Blushing Pears Tomato Juice	Turkey & Dumplings Asparagus Banana Raisin Rice Pudding Tomato Juice	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ *Milk * Condiments as appropriate Sodium >800mg 	 <i>Amy Barnes MS RDN LDN</i>