




JANUARY 2017 MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Beef & Noodles Stewed Tomatoes Broccoli Raisin Salad Peach Crisp	Chicken Rice Broccoli Casserole Tossed Salad Garlic Bread Hot Fruit Compote OJ	Pork Loin Baked Potato Cooked Cabbage & Onions Cook's Fruit Bar Tomato Juice	COOK'S CHOICE	Baked Chicken Mashed Potatoes w/ Gravy Cranberry Brussel Sprouts Cinnamon Applesauce
9	10	11	12	13
Scalloped Potatoes & Ham Broccoli Cranberry Pear Crisp 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 Hot Fruit Compote WW Roll Tomato Juice	Taco Soup -or- White Chili Tortilla Chips Lettuce Salad Applesauce Jello
16	17	18	19	20
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
23	24	25	26	27
Egg & Potato Casserole Broccoli Banana Half Fruit Oat Muffin OJ	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 Parsley Potatoes Herbed Green Beans Pineapple Crunch
30	31	Each Meal Includes:		
Chicken & Noodle Casserole Beets Plums Oatmeal-Raisin Bar OJ	COOK'S CHOICE	* 1/3 of the Required Daily Amounts (RDA) for persons age 70+ * Skim or 1% milk *Condiments as appropriate Sodium > 800mg  <i>Amy Barnes MS RDN LDN</i>		