




January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	Meat loaf, mashed potatoes, corn w/ red bell peppers, fruit	Baked breaded fish, wild rice, mixed veggies, apple celery slaw, fruit	Baked sesame chicken, roasted veggies, dinner roll, fruit	Vegetarian Pizza w/ cheese & mixed veggies, green beans & cauliflower, carrots, fruit
Vegetarian Pasta w/ tomato, onion, & zucchini, roasted brussels sprouts, fruit	Baked cod, couscous w/ onion, green bell peppers & mushrooms, mixed veggies, coleslaw, fruit	Teriyaki chicken, brown rice, mixed veggies, golden mandarin beet salad, fruit	Seasoned pork chop, mashed sweet potatoes, green beans w/tomato, fruit	Baked seasoned chicken, pasta, mixed veggies, broccoli raisin salad, fruit
	Cranberry chicken, stuffing, kale, fruit	Baked breaded cod, garlic bread, mixed veggies, fruit	Chicken & rice casserole w/onions & celery, mixed veggies, coleslaw, fruit	Beef & broccoli, roll, mixed veggies, fruit
Paprika chicken w/ mushrooms, mashed sweet potatoes, broccoli, fruit	Beef enchilada casserole, Spanish rice, corn & red bell peppers, fruit	Vegetarian Chili relleno casserole w/egg & cheese, tortilla, mixed veggies, fruit	Baked pork chop, wild rice, green salad, mixed veggies, fruit	Garlic chicken, wild rice, mixed veggies, green salad, fruit
Baked cod, couscous, mixed veggies carrot raisin salad, fruit	Vegetarian Spinach lasagna w/cheese, & marinara sauce, mixed veggies, fruit	<div> NUTRITION PROGRAM - The suggested contribution is \$3.00 for people 60 years and over. The meal cost is \$8.00 for people under 60 years old. Lunch is served at 11:30 a.m. Recommended sign in time: 11 a.m. First come, first served.  = Meal contains more than 1000mg sodium </div>		