

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	2 Meat loaf, mashed potatoes, corn w/ red bell peppers, fruit	3 Baked breaded fish, wild rice, mixed veggies, apple celery slaw, fruit	4 Baked sesame chicken, roasted veggies, dinner roll, fruit	5 Vegetarian 6 Pizza w/ cheese & mixed veggies, green beans & cauliflower, carrots, fruit
Vegetarian 9 Pasta w/ tomato, onion, & zucchini, roasted brussels sprouts, fruit	10 Baked cod, couscous w/ onion, green bell peppers & mushrooms, mixed veggies, coleslaw, fruit	11 Teriyaki chicken, brown rice, mixed veggies, golden mandarin beet salad, fruit	12 Seasoned pork chop, mashed sweet potatoes, green beans w/tomato, fruit	13 Baked seasoned chicken, pasta, mixed veggies, broccoli raisin salad, fruit
	16 Cranberry chicken, stuffing, kale, fruit	17 Baked breaded cod, garlic bread, mixed veggies, fruit	18 Chicken & rice casserole w/onions & celery, mixed veggies, coleslaw, fruit	19 20 Beef & broccoli, roll, mixed veggies, fruit
23 Paprika chicken w/ mushrooms, mashed sweet potatoes, broccoli, fruit	24 Beef enchilada casserole, Spanish rice, corn & red bell peppers, fruit	Vegetarian 25 Chili relleno casserole w/egg & cheese, tortilla, mixed veggies, fruit	26 Baked pork chop, wild rice, green salad, mixed veggies, fruit	27 Garlic chicken, wild rice, mixed veggies, green salad, fruit
30 Baked cod, couscous, mixed veggies, carrot raisin salad, fruit	Vegetarian 31 Spinach lasagna w/cheese, & marinara sauce, mixed veggies, fruit		<p>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.</p> <p> = Meal contains more than 1000mg sodium</p>	