

Monday, January 1

CLOSED

Tuesday, January 2

- **Salmon w/ Dill Sauce**
- Sweet Potato
- Sautéed Spinach
- W/G Roll

Wednesday, January 3

- **Asian Beef Stir Fry**
- Brown Rice
- Mixed Asian Vegetables
- Beet Salad

Thursday, January 4

- **Vegetarian Chili**
- Green Beans
- Mixed Salad
- Banana

Friday, January 5

- **Chicken Milanese**
- Cauliflower & Zucchini
- Linguine w/ Pesto Sauce
- Cesar Salad

Monday, January 8

- **Spaghetti w/ Meat Sauce**
- Broccoli
- Green Beans
- Pear

Tuesday, January 9

- **Mediterranean Chicken**
- Brown Rice Pilaf
- Roasted Vegetables
- Lentil Salad w/ Cucumbers

Wednesday, January 10

- **Roast Turkey Breast**
- Whole Grain Stuffing
- Butternut Squash
- Green Peas w/ Mushrooms

Thursday, January 11

- **Baked Fish w/ Dijon**
- Herbed Potatoes
- Cauliflower
- Whole Grain Roll

Friday, January 12

- **Beef Fajita**
- Pinto Beans
- Spanish Brown Rice
- Tossed Green Salad

Monday, January 15

CLOSED

Tuesday, January 16

- **Stuffed Bell Pepper w/ Turkey**
- Mixed Vegetables
- Romaine Salad w/ Tomatoes
- Fresh Apple

Wednesday, January 17

- **Vegetable Frittata**
- Lima Beans and Corn
- Fresh Fruit
- Whole Grain Roll

Thursday, January 18

- **Korean BBQ**
- Zucchini Sauté w/ Sesame Seeds
- Herbed Brown Rice
- Broccoli Salad

Friday, January 19

- **Fish and Chips**
- Sweet Potato Wedges
- Coleslaw
- Whole Grain Roll

Monday, January 22

- **Turkey or Tofu Vegetable Stir Fry**
- Cabbage Cucumber Salad w/ Sesame Dressing
- Brown Rice
- Tapioca Pudding

Tuesday, January 23

- **Meatloaf w/ Gravy**
- Garlic Mashed Potatoes
- Green Beans
- Whole Grain Penne Pasta

Wednesday, January 24

- **Caribbean Chicken**
- Broccoli
- Brown Rice Pilaf
- Carrot, Bell Pepper & Celery Salad

Thursday, January 25

- **Fish Taco**
- Pinto Beans
- Corn
- Chopped Mixed Salad

Friday, January 26

- **Beef Bolognese w/ Penne Pasta**
- Herbed Zucchini & Yellow Squash
- Cauliflower
- Caesar Salad

Monday, January 29

- **Southwest Shredded Chicken**
- Pinto Beans
- Yellow Squash
- Corn Tortilla

Tuesday, January 30

- **Shepherd's Pie**
- Carrots
- Corn
- Mixed Green Salad

Wednesday, January 31

- **Baked Fish Almandine**
- Green Beans
- Barley w/ Herbs
- Coleslaw w/ Bell Pepper

- **Menu subject to change**
- **\$3 suggested donation**

