



January 2019 Congregate Meal Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | January 2 Baked Meatloaf Marinara with Mozzarella Topping 1/2 cup Garlic Whipped Potatoes 1/2 cup Parmesan Corn Wheat Bread 1/2 cup Banana Pudding and Nilla Wafers | January 3 1/2 cup Creamy Chicken Divan over 1/2 cup White Rice 1 cup Tossed Salad with Tomato and Dressing Breadstick 1/2 cup Mandarin Oranges | January 4 Baked Ham with Fruit Sauce 1/2 cup Whipped Sweet Potatoes 1/2 cup Harvard Beets White Bread Fresh Fruit |
| January 7 BBQ Pork Ribette 1/2 cup Seasoned Potatoes 1/2 cup Baked Beans Dinner Roll 1/2 cup Sliced Peaches | New Year Celebration/Birthdays January 8 Roasted Pork Loin with Sauerkraut 1/2 cup Whipped Potatoes Dinner Roll Pineapple Upside Down Cake | January 9 3/4 cup Baked Ziti with Meatballs (3), Marinara Sauce and 1/2 ounce Cheese 1 cup Caesar Salad Garlic Breadstick 1/2 cup Mixed Fruit Salad | January 10 Grilled Chicken, Bacon, and Swiss Club (1 each: Chicken, Bacon, Swiss Cheese) with Lettuce, Tomato, and Condiments 1 cup Creamy Potato Soup with Crackers Sandwich Roll 1/2 cup Blushed Pears | January 11 Breaded Fish Square 1/2 cup Macaroni and Cheese 1/2 cup Stewed Tomatoes Wheat Bread Fresh Fruit |
| January 14 Baked Meatloaf with Gravy Baked Potato with Margarine 1/2 cup Mixed Bean Medley White Bread 1/2 cup Applesauce | January 15 Smokey BBQ Burger with Cheddar Cheese, BBQ Sauce, and Crispy Onions 1/2 cup Sweet Potato Bites Hamburger Roll Fresh Seasonal Fruit | January 16 Hot Turkey Sandwich with Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Crinkle Cut Carrots White Bread Cherry Chip Cake with Topping | January 17 1 cup Chicken and Dumplings 1/2 cup Pepper Slaw Whole Grain Buttermilk Biscuit 1/2 cup Warm Peaches | January 18 Baked Salmon with White Wine Cream Sauce 1/2 cup White Rice 1/2 cup Mixed Vegetables Wheat Bread 1/2 cup Pineapple Tidbits |
| Center Closed | January 22 Turkey and Provolone Sandwich with Lettuce and Tomato 1 cup Creamy Broccoli Soup with Crackers Whole Grain Pretzel Roll Fresh Fruit Condiments | January 23 Center Cut Pork Chop with 2 ounces Gravy 1/2 cup Whipped Potatoes with Chives 1/2 cup Lima Beans White Bread 1/2 cup Sliced Apples | January 24 Reuben Sandwich (2½ slice Corn Beef, 2 ounces Sauerkraut, 1 slice Swiss Cheese) 1/2 cup Hot Potato Salad Sandwich Roll 1/2 cup Warm Peaches Condiments | January 25 Lemon Pepper Chicken with Gravy 1/2 cup Wild Rice 1/2 cup Brussel Sprouts Wheat Bread Fresh Fruit |
| January 28 Mushroom Swiss Burger 1 cup Creamy Cauliflower Soup with Crackers Hamburger Roll Fresh Fruit | January 29 Mango BBQ Chicken Breast 1/2 cup Brown Rice 1/2 cup Creamy Coleslaw Wheat Bread 1/2 cup Apple Cranberry Crisp | January 30 3 ounces Pot Roast with 2 ounces Gravy 1/2 cup Baked Potato with Margarine 1/2 cup Sliced Carrots Italian Bread Cookie | January 31 Crab Cake 1/2 cup Cheesy Twists 1/2 cup Baked Beans Whole Grain Dinner Roll 1/2 cup Mandarin Oranges | |

Please reserve your meal at least one business day in advance by calling the center at 938-4649
 *** All meals are subject to change *** *** Served daily: Milk and Margarine