



January 2023 Congregate Meal Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2 New Year's Day CLOSED	January 3 Swedish Meatballs (4) w/ Gravy 1/2c Buttered Noodles 1/2c Peas 1 Wheat Bread BIRTHDAY CAKE!	January 4 1/2c. Roast Pork 1/2c Sauerkraut 1/2c Whipped Potatoes Dinner Roll Pineapple Cake	January 5 Baked Pollock 1/2c Macaroni & Cheese 1/2c Stewed Tomatoes 1 Wheat Bread Seasonal Fresh Fruit	January 6 Taco Salad (3oz Taco Meat, .5oz Cheddar, Lettuce, Tomato, Salsa) Tortilla Chips 1/2c Corn w/ Pimientos 1/2c Pineapple
January 9 1/2c. Sweet & Sour Pork 1/2c. Rice 1/2c Green Beans 1 Dinner Roll Fresh Fruit	January 10 Breaded Chicken Patty 1/2c Whipped Potatoes 1/2c Corn 1 Biscuit 1/2c Peaches	January 11 1c. Stuffed Pepper Casserole 1/2c Garlic Whipped Potatoes 1/2c Coin Carrots 1 Wheat Bread 1/2c Pudding	January 12 Turkey Chef Salad (2oz Turkey, Egg, Cheddar, over 1c Mixed Greens w/ Tomato) 1/2c. Three Bean Salad 1 Dinner Roll 1/2c Gelatin	January 13 1/2c. Sloppy Joe 1/2c Ranch Roasted Potatoes 1/2c Green Beans 1 Hamburger Bun Fresh Fruit
January 16 Martin Luther King Day CLOSED	January 17 3/4c. Pasta Primavera (Chicken, Cheese, Broccoli, Carrots, Onions, Peppers) 1/2c Noodles 1 Breadstick 1/2c Mixed Fruit	January 18 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Beets 1 Wheat Bread Seasonal Fresh Fruit	January 19 Cheese Lasagna Rollup w/ 1oz Shredded Cheese 1c Tossed Salad w/ Tomato 1 Italian Bread Fresh Fruit	January 20 1/2c. Moroccan Beef 1/2c Vegetable Rice 1/2c Oriental Vegetables 1 Wheat Bread 1/2c Mandarin Oranges
January 23 BBQ Pork Ribette 1/2c Hashbrown Cubes 1/2c Green Beans 1 Sandwich Bun 1/2c Pineapple Delight	January 24 <u>Picnic Lunch - Sign up by 1/16!</u> Chicken Salad Sandwich Macaroni Salad Pickled Beets Fresh Fruit Cookie	January 25 Cheeseburger w/ Lettuce, Tomato 1/2c. Potato Salad 1 Hamburger Roll Seasonal Fresh Fruit	January 26 Open Faced Turkey Sandwich w/ Gravy 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn 1 White Bread	January 27 Salmon Croquette 1/2c Parmesan Garlic Noodles 1/2c Peas 1 Wheat Bread Fresh Fruit
January 30 Pepper Steak w/ 2oz Gravy 1/2c Parsley Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears	January 31 Grilled Chicken Salad (2oz Chicken, Cheddar, HB Egg over 1c Mixed Greens) 1/2c Broccoli Salad 1 Dinner Roll 1/2c Fruited Gelatin			

Please call the center at 717-938-4649 or go to www.community.copilot21.com to reserve your meal by 10:30 AM at least one business day in advance.

*** Served daily: 8 ounces milk ~ All meals are subject to change ***