



# Monthly Menu

## January 2019

Tue	1	<b>CENTERS CLOSED FOR NEW YEAR'S DAY HOLIDAY</b>
Wed	2	 <b>OMELET W/SALSA</b> , Tri-Cut Potatoes, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple  <b>Creamy Garlic Pizza, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple</b>
Thu	3	<b>TAIWANESE BEEF STEW</b> , Brown Rice, Green Beans, Chinese Trio Salad, Kiwi <b>Hawaiian Pizza, Green Beans, Chinese Trio Salad, Kiwi</b>
Fri	4	<b>PORK STROGANOFF</b> , Rotini Noodles, Capri Vegetables, Garden Salad w/1000 Island Dressing, Oatmeal Cookies <b>Chicken Caesar Salad, Capri Vegetables, Oatmeal Cookies</b>
Mon	7	<b>TILAPIA W/LEMON DILL SAUCE</b> , Red Potatoes, Mixed Vegetables, Spinach Salad w/ Ranch Dressing, Orange  <b>Southwest Quiche, Mixed Vegetables, Spinach Salad w/Ranch Dressing, Orange</b>
Tue	8	 <b>BLACK BEANS AND BROWN RICE</b> , Imperial Blend Vegetables, Garden Salad w/1000 Island Dressing, Bread Pudding <b>Beef Taco Salad, Imperial Blend Vegetables, Bread Pudding</b>
Wed	9	<b>CHICKEN PAPRIKASH</b> , Capri Mix Vegetables, Eastern European Salad, Seasonal Fruit  <b>Tofu Stir Fry, Brown Rice, Eastern European Salad, Seasonal Fruit</b>
Thu	10	<b>TURKEY ROAST W/HERBS &amp; APRICOT SAUCE</b> , Polenta, Key West Blend Vegetable, Claremont Salad, Banana Bread <b>Chicken Grape Salad, Key West Blend Vegetable, Banana Bread</b>

Fri	11	<b>MEAT LASAGNA</b> , Garden Blend Vegetables, Tossed Salad w/Yogurt Dressing, Strawberry Gelatin w/Diced Pears <i>Tuna Salad Nicoise, Garden Blend Vegetables, Tossed Salad w/Yogurt Dressing, Strawberry Gelatin w/Diced Pears</i>
Mon	14	<b>SLOPPY JOE W/POTATOES</b> , Hamburger Bun, Sliced Carrots, Spinach Salad w/French Dressing, Lemon Gelatin w/Blueberries <i>Chicken Fajita Wrap, Tortilla Soup, Spinach Salad w/French Dressing, Lemon Gelatin w/ Blueberries</i>
Tue	15	<b>LEMONGRASS FISH</b> , Brown Rice, Garden Vegetables, Cabbage Parsley Salad, Chocolate Cake <i>Shepherd's Pie, Garden Vegetables, Cabbage Parsley Salad, Chocolate Cake</i>
Wed	16	<b>TURKEY TETRAZZINI</b> , Spaghetti Noodles, Peas and Carrots, Tossed Salad w/Italian Dressing, Orange  <i>Grilled Vegetable Sandwich, Lentil Soup, Tossed Salad w/Italian Dressing, Orange</i>
Thu	17	<b>SWEET &amp; SOUR CHICKEN</b> , White Rice, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple  <i>Creamy Garlic Pizza, Capri Blend Vegetables, Vermicelli Noodle Salad, Apple</i>
Fri	18	 <b>CHEESE RAVIOLI</b> , Italian Blend Vegetables, Navy Bean Salad, Carrot Cake <i>Pork Sliders, Potato Wedges, Italian Blend Vegetables, Carrot Cake</i>
Mon	21	<b>CENTERS CLOSED FOR MARTIN LUTHER KING, JR. HOLIDAY</b>
Tue	22	<b>BEEF &amp; MACARONI CASSEROLE</b> , Country Trio Vegetable, Spinach Salad w/Italian Dressing, Orange <i>Open-Face Turkey Sandwich, Lentil Soup, Country Trio Vegetable, Spinach Salad w/Italian Dressing, Orange</i>
Wed	23	<b>PORK TENDERLOIN W/DIJON SAUCE</b> , Tri-Cut Red Potatoes, Carrot Bean Blend Vegetables, Tossed Salad w/Winter Dressing, Strawberry Luscious <i>Winter Salad, Carrot Bean Blend, Strawberry Luscious</i>
Thu	24	<b>SWEDISH MEATBALLS</b> , Spiral Noodles, Scandinavian Blend Vegetables, Navy Bean Salad, Banana  <i>Spring Pasta w/Tofu, Scandinavian Blend Vegetables, Navy Bean Salad, Banana</i>
Fri	25	<b>CITRUS TARRAGON CHICKEN</b> , Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Cookie <i>Dijon Crusted Fish, Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Cookie</i>

- Mon 28 **TILAPIA W/LEMON PEPPER**, Brown Rice, Willamette Beans, Chickpea Salad, Seasonal Fruit, Chocolate Milk  
**Chicken Stir-Fry Yakisoba Noodles, Willamette Beans, Seasonal Fruit, Chocolate Milk**
- Tue 29 **SALISBURY STEAK W/ GRAVY**, Mashed Potatoes, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Banana  
 **Pumpkin Casserole, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Banana**
- Wed 30 **ROASTED PARMESAN CHICKEN**, Noodles, Mixed Vegetables, Tossed Salad w/ French Dressing, Strawberry Pear Gelatin  
**Turkey Salad, Mixed Vegetables, Strawberry Pear Gelatin**
- Thu 31 **MEAT LOAF**, Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple  
**Pork Gyro, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple**



*Indicated vegetarian entrée*