January 2020 Menu

Wed 1  CENTERS CLOSED FOR NEW YEAR’S DAY

Thu 2  SWEDISH MEATBALLS, Spiral Noodles, Scandinavian Blend Vegetables, Navy Bean Salad, Cookie
Winter Chicken Salad, Scandinavian Blend Vegetables, Cookie

Fri 3  CITRUS TARRAGON CHICKEN, Mashed Potatoes, Italian Blend Vegetables, Patio Salad, Banana
Vegetarian Breakfast Casserole, Italian Blend Vegetables, Patio Salad, Banana

Mon 6  STIR FRY PORK, White Rice, Imperial Blend Vegetables, Claremont Salad, Orange
Beef Taco Salad, Imperial Blend Vegetables, Orange

Tue 7  BEAN STEW, Brown Rice, Cauliflower Florets, Garden Salad w/1000 Island Dressing, Bread
Pudding
Chicken Teriyaki, Brown Rice, Cauliflower Florets, Garden Salad w/1000 Island Dressing, Bread
Pudding

Wed 8  ROASTED PARMESAN CHICKEN, Spiral Noodles, Mixed Vegetables, Carrot Pineapple Salad,
Strawberry Pear Gelatin
Cheese Ravioli, Mixed Vegetables, Carrot Pineapple Salad, Strawberry Pear

Thu 9  MEATLOAF, Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Carrot Cake
Turkey Salad, Sunshine Carrots, Carrot Cake

Fri 10  CHICKEN A LA KING, Egg Noodles, Green Beans, Creamy Cucumber Salad, Apple
Southwest Quiche, Green Beans, Creamy Cucumber Salad, Apple

Mon 13  BAKED PENNE CASSEROLE, Corn & Lima Beans, Rainbow Spinach Salad w/Rainbow Dressing,
Vanilla Pudding
Meatloaf, Mashed Potatoes, Corn & Lima Beans, Rainbow Spinach Salad w/Rainbow Dressing,
Vanilla Pudding

Tue 14  SOMALI CHICKEN, Rice, Normandy Blend Vegetables, Pepper Coleslaw, Orange, Chocolate Milk
Omelet w/Mushroom Sauce, Tri-Cut Potatoes, Normandy Blend Vegetables, Pepper Coleslaw,
Orange, Chocolate Milk
Wed 15 **FISH W/LEMON SLICE**, Couscous, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Zucchini Cake

**Lemongrass Chicken, Rice, Oregon Bean Medley, Spinach Salad w/1000 Island Dressing, Zucchini Cake**

**Thu 16** **PORK STROGANOFF**, Noodles, Country Trio Vegetables, Four Bean Salad, Strawberry Pear Gelatin

**Roast Beef Sandwich, Potato Salad, Country Trio Vegetables, Four Bean Salad, Strawberry Pear Gelatin**

**Fri 17** **IRISH STEW**, Mashed Potatoes, Capri Vegetables, Garden Salad w/Italian Dressing, Pear

**Veggie Burger, Black Bean Soup, Capri Vegetables, Garden Salad w/Italian Dressing, Pear**

**Mon 20** **CENTERS CLOSED FOR MARTIN LUTHER KING, JR. DAY**

**Tue 21** **TURKEY ROAST W/HERBS & APRICOT SAUCE**, Stuffing, Scandinavian Blend Vegetables, Spinach Salad w/Italian Dressing, Orange

**Citrus Tarragon Chicken, Mashed Potatoes, Scandinavian Blend Vegetables, Spinach Salad w/Italian Dressing, Orange**

**Wed 22** **HONEY GLAZED PINEAPPLE PORK**, Noodles, Garden Blend Vegetables, Santa Fe Salad, Banana

**Swedish Meatballs, Spiral Noodles, Garden Blend Vegetables, Santa Fe Salad, Banana**

**Thu 23** **ASIAN BBQ CHICKEN**, Red Potatoes, Mini Broccoli, Vermicelli Noodle Salad, Russian Cream w/Strawberry Sauce

**Cheese Ravioli, Mini Broccoli, Vermicelli Noodle Salad, Russian Cream w/Strawberry Sauce**

**Fri 24** **SALISBURY STEAK**, Mashed Potatoes, Sunshine Carrots, Tossed Salad w/Ranch Dressing, Oatmeal Cookie

**Chinese Chicken Salad, Sunshine Carrots, Oatmeal Cookie**

**Mon 27** **CHICKEN TERIYAKI**, Brown Rice, Edamame Blend, Spinach Salad w/Italian Dressing, Raspberry Parfait

**Southwest Quiche, Edamame Blend, Spinach Salad w/Italian Dressing, Raspberry Parfait**

**Tue 28** **TAIWANESE BEEF**, Egg Noodles, Green Beans, Creamy Coleslaw, Tangerine

**Somali Chicken, Brown Rice, Green Beans, Creamy Coleslaw, Tangerine**

**Wed 29** **CHICKEN CHILI VERDE**, Brown Rice, Southwest Vegetable Medley, Carrot Raisin Salad, Chocolate Cake

**Spaghetti w/Meatballs, Southwest Vegetable Medley, Carrot Raisin Salad, Chocolate Cake**

**Thu 30** **FISH W/GARDEN SEASONING & FRESH PARSLEY**, Tri-Cut Potato, Sliced Carrots, Cucumber Salad, Apple

**Chicken Caesar Salad, Sliced Carrots, Apple**
Fri 31  **CHICKEN STROGANOFF**, Rotini Noodles, Capri Vegetables, Garden Salad/1000 Island Dressing, Strawberry Luscious

* Tuna Sandwich, Butternut Squash Soup, Garden Salad/1000 Island Dressing, Strawberry Luscious