

January 2022 Menu

Mon	Tue	Wed	Thu	Fri
3 Beef Stroganoff w/ Egg Noodles Green Beans Glazed Carrots Beet Salad Mandarin Oranges Cookie	4 Chicken Breast w/ Herb Sauce Roasted Potatoes Ratatouille Black Bean Salad Fruit Tropical Fruit Salad	5 Baked Macaroni & Cheese Navy Beans Collard Greens Cornbread Muffin Fruit Brownie	6 Meatloaf Mashed Potatoes w/ Gravy Broccoli Roll Fruit Gelatin Waldorf Salad	7 Turkey Tetrazzini Carrots Green Beans Roll Marinated Tomato Salad Fruit
10 Beef Stew Carrots Green Beans Cucumber Salad Cornbread Fruit	11 Chicken & Dumplings Black-Eyed Peas Turnip Greens Coleslaw Waldorf Salad Fruit	12 Shepherd's Pie Stewed Tomatoes Steamed Broccoli Copper Pennies Fruit Brownie	13 Country Style Steak w/ Gravy Cheesy Potatoes Spinach Roll Tomato & Cucumber Salad Fruit	14 Sliced Ham w/ Glaze Broccoli Casserole Sweet Potatoes Cornbread Muffin Watergate Salad Fruit
17 CLOSED Martin Luther King, Jr. Day 	18 Grilled Chicken Breast w/ Herb Sauce Lima Beans Cauliflower w/ Cheese Roll Marinated Tomato Salad Fruit	19 Beef & Chili Beans Collard Greens Corn Cornbread Muffin Sour Cream / Shredded Cheese Banana Pudding	20 Hamburger Patty Oven Roasted Potatoes Baked Beans Hamburger Bun Coleslaw Fruit	21 Chicken & Noodle Casserole Broccoli Carrots Fruit Fruit Gelatin Cake Square
24 Sliced Ham w/ Glaze Cabbage Warm Potato Salad Mandarin Oranges Fruit Gelatin Cookie	25 Pork Stew Lima Beans Cinnamon Peaches Broccoli Cauliflower Salad Fruit Vanilla Cake Square	26 Mac & Cheese w/ Ham Black Beans Green Peas Marinated Vegetable Salad Mixed Fruit Brownie	27 Stir-Fried Chicken over Rice Steamed Broccoli Sweet Potatoes Roll Sweet & Sour Slaw Fruit	28 Baked Fish w/ Herb Sauce (Over Rice Pilaf) Green Beans Stewed Tomatoes Tartar Sauce Coleslaw Fruit
31 Chicken Parmesan Spinach Roasted Potatoes Vegetable Salad Fruit Gelatin Peaches	*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE	*You may choose a Meat or Veggie Substitute Meal in place of a meal on any given day. You must call our office at 704-633-0352 by noon on the day before you want a substitution.	<u>Meat Substitute Meal</u> Grilled Chicken Breast Broccoli Yellow Squash Cornbread Congealed Salad Fruit	<u>Veggie Substitute Meal</u> Great Northern Beans Broccoli Yellow Squash Cornbread Congealed Salad Fruit