

### Thursday, January 2

- Asian Beef Stir Fry
- Mixed Asian Vegetables
- Beet Salad
- Fresh fruit

### Friday, January 3

- Vegetarian Chili
- Herb Roasted Carrots
- Mixed Salad Greens
- Cornbread

### Monday, January 6

- Spaghetti w/ Meat Sauce
- Broccoli
- Green Beans
- Caesar Salad

### Tuesday, January 7

- Beef Fajitas
- Pinto Beans
- Tossed Green Salad
- Pineapple & Mango Fruit Cup

### Wednesday, January 8

- Mediterranean Chicken
- Roasted Vegetables
- Lentil Salad w/ Cucumbers & Vinaigrette Dressing
- Fresh Fruit

### Thursday, January 9

- Tuna Salad Cold Plate
- Herbed Potato Salad
- Creamy Coleslaw
- Baked Apple

### Friday, January 10

- Roast Turkey Breast
- Fresh Baked Yam
- Spinach Salad w/ French Dressing
- Whole Grain Stuffing

### Monday, January 13

- Fish Creole
- Red Beans
- Creamy Coleslaw
- Fresh Fruit

### Tuesday, January 14

- Chicken Dijon
- Herb Zucchini & Green Beans
- Chopped Salad w/ Vinaigrette dressing
- Whole Grain Roll

### Wednesday, January 15

- Stuffed Bell Pepper
- Mixed Vegetable
- Romaine Salad
- Apple

### Thursday, January 16

- Tuscan Bean Stew
- Roasted Cauliflower
- Spinach Salad
- Orange

### Friday, January 17

- Oven Fried Chicken
- Seasoned Greens
- Corn Bread
- Rice Pudding

### Monday, January 20

**CLOSED - MLK JR DAY**

### Tuesday, January 21

- Turkey Vegetable Stir-fry
- Cabbage, Cucumber, Radish Salad w/ Sesame Dressing
- Poached Ginger Pear
- Lo Mein Noodles

### Wednesday, January 22

- Caribbean Chicken
- Corn
- Carrot, Bell Pepper, Celery Salad
- Fresh Fruit

### Thursday, January 23

- Bolognese w/ Penne Pasta
- Herbed Zucchini & Yellow Squash
- Ceaser Salad w/ Croutons
- Fruit Cup

### Friday, January 24

- Fish & Chips
- Roasted Sweet Potato Wedges
- Coleslaw
- Peach

### Monday, January 27

- Southwest Shredded Chicken
- Pinto Beans
- Shredded Cabbage Mixed Salad Greens & Radish
- Peaches

### Tuesday, January 28

- Shepherd's Pie
- Carrots
- Mixed Salad Greens
- Kiwi

### Wednesday, January 29

- Baked Fish Almandine
- Green Beans w/ Herbs
- Spinach Salad w/ Kale & Bell Pepper
- Yogurt Parfait

### Thursday January 30

- Cashew Chicken
- Green Peas
- Beet & Mandarin Orange Salad
- Fresh Fruit

### Friday, January 31

- Garden Vegetable Lasagna
- Broccoli
- Caesar Salad w/ Caesar Dressing
- Fresh Fruit

▪ Menu subject to change  
▪ \$3 suggested donation

