


HOT MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Tortellini with Tomato Sauce, Italian Vegetable Blend, Whole Wheat Dinner Roll, Fresh Orange	Kielbasa & Sauerkraut, Green Beans, Mashed Potatoes, Whole Wheat Dinner Roll, Jell-O	Lemon Butter Fish, Broccoli, Stewed Tomatoes, Macaroni and Cheese, Chocolate Pudding	Open Face Roast Pork Sandwich, Roasted Red Pepper Soup, Mashed Potatoes, Whole Wheat Bread, Fruit Crisp	Stuffed Cabbage w/ Tomato Sauce, Peas & Carrots, Buttered Noodles, Fresh Fruit, Yogurt
10	11	12	13	14
Salisbury Steak, Beets, Mashed Potatoes, Whole Wheat Dinner Roll, Chocolate Brownie	Honey Mustard Chicken, Broccoli, Sweet Potatoes, Whole Wheat Dinner Roll, Vanilla Pudding	Vegetable Lasagna, Cauliflower and Peas, Whole Wheat Dinner Roll, Fresh Apple Slices	Baked Ham, Halushki, Whole Wheat Dinner Roll, Grapes, Graham Cr.	Cheeseburger, Vegetable Barley Soup, Potato Salad, Whole Wheat Sandwich Roll, Sugar Cookie
17	18	19	20	21
NO MEALS 	Meatballs, Broccoli, Spaghetti with Sauce, Cinnamon Peaches	Crispy Fish Sandwich, Vegetable Blend, Roasted Potato Wedges, Whole Wheat Sandwich Roll, Chocolate Pudding	Cheese Steak Hoagie, Vegetable Soup, Side Salad, Hoagie Roll, Jell-O	BBQ Chicken, Chuckwagon Corn, Rice Pilaf, Roll, Fresh Orange
24	25	26	27	28
Roast Beef with Gravy, Mixed Vegetables, Cheesy Mashed Potatoes, Whole Wheat Dinner Roll, Oatmeal Cookie	Smothered Pork Chop, Zucchini & Red Peppers, Red Potatoes, Whole Wheat Dinner Roll, Shortbread Cookie	Shrimp Scampi, Broccoli and Cauliflower, Garlic Butter Penne, Fresh Grapes	Ranch Turkey, Brussels Sprouts, Sweet Potatoes, Whole Wheat Dinner Roll, Vanilla Pudding	Italian Herb Chicken, Italian Wedding Soup, Tomato Basil Rotini, Crackers, Fresh Fruit Salad
31				
Meatloaf, Carrots, Mashed Potatoes, Whole Wheat Dinner Roll, Pound Cake				

JANUARY, 2022 HOT MENU

LITE FARE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Beef Cobb Salad WW Dinner Roll Fresh Fruit Salad	Deli Sandwich Four Bean Salad Club Roll Fresh Melon	Mediterranean Chicken Salad WW Dinner Roll Fresh Orange	Roast Beef & Cheddar on Roll Broccoli Salad Fresh Pear	Antipasto Salad WW Dinner Roll Fresh Banana
10	11	12	13	14
Turkey Coleslaw Pita Potato Salad Fresh Fruit Salad	Crispy Chicken Salad WW Dinner Roll Fresh Melon	Egg Salad Sandwich Lentil Salad WW Bread Fresh Orange	Greek Salad with Turkey WW Dinner Roll Fresh Melon	Italian Sandwich on Focaccia Roll Cuc. Tom. Onion Salad Grapes
17	18	19	20	21
NO MEALS	Chef Salad with Chicken WW Dinner Roll Crackers Fresh Orange	Ham & Cheddar Sandwich Broccoli Salad Whole Wheat Bread Fresh Apple Slices	Shrimp Caesar Salad WW Dinner Roll Fresh Melon	BBQ Chicken Salad WW Dinner Roll Fresh Fruit Salad
24	25	26	27	28
Chicken Pesto Sandwich Lentil Salad WW Sandwich Roll Fresh Orange	Beef Cobb Salad WW Dinner Roll Fresh Fruit Salad	Deli Sandwich Four Bean Salad Club Roll Fresh Melon	Mediterranean Chicken Salad WW Dinner Roll Fresh Orange	Roast Beef & Cheddar on Roll Broccoli Salad Fresh Pear
31				1
Antipasto Salad WW Dinner Roll Fresh Banana				

JANUARY, 2022 LITE FARE MENU