


January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2 Chilled Juice Hamburger Steak Red Skin Potatoes Harvard Beets Roll w/ margarine Fruit Ambrosia	3 Chilled Juice Chef Salad w/Crakers Ham Turkey/Cheese/Lettuce/ Tomatoes & Egg Wedges Pickle Spear Fresh Fruit (Pears)	4 Chilled Juice Roast Beef w/Gravy Dumplings Glazed Carrots WW Bread w/Margarine Vanilla Pudding w/Granola
7 Chilled Juice Vegetable Beef Soup Chicken Salad on Rye Lettuce & Tomatoes Chocolate Chip Cookies	8 Chilled Juice Fried Chicken Macaroni Salad Broccoli & Cauliflower Blend Biscuit w/Margarine Fresh Fruit	9 Chilled Juice Beef Stir Fry Brown Rice Oriental Vegetables WW Bread w/Margarine Bread Pudding w/Topping	10 Chilled Juice Baked Fish Macaroni & Cheese Stewed Tomatoes Cornbread w/Margarine Chilled Peaches	11 Chilled Juice Spaghetti & Meat Sauce Carrots Tossed Salad Italian Bread w/Margarine Orange Sherbet
14 Chilled Juice Roast Pork w/Gravy Buttered Noodles Mixed Vegetables Rye Bread w/Margarine Oatmeal Raisin Cookies	15 Chilled Juice Salisbury Steak Baked Potato w/Gravy Harvard Beets WW Bread w/Margarine Fruit Crisp	16 Chilled Juice BBQ Chicken Coleslaw Vegetable Blend Bread w/Margarine Fresh Apple/Applesauce Cups	17 Chilled Juice Chili w/Beans Brown Rice Oriental Vegetables Biscuit w/Margarine Birthday Cake	18 Chilled Juice Turkey w/Gravy & Dressing Pacific Vegetables Roll w/Margarine Pear Halves
21 MARTIN LUTHER KING JR.'S  Centers are closed.	22 Chilled Juice Braised Beef Tips Noodles Broccoli & Cauliflower Blend Sweet Potato Biscuit w/Margarine Orange Sherbet	23 Chilled juice Baked Chicken Fresh Sweet Potato Half Mixed Vegetables WW Bread w/Margarine Applesauce Cake w/Topping	24 Chilled Juice Roast Pork w/Gravy Candied Sweet Potatoes Green Beans Roll w/Margarine Oatmeal Raisin Cookies	25 Chilled Juice Baked Fish Macaroni & Cheese Stewed Tomatoes Cornbread w/Margarine Chilled Pineapple
28 Chilled Juice Italian Sausage on Bun Peppers and Onions Chopped Spinach Pineapple Tidbits	29 Chilled Juice Beef Barley Soup Tuna Salad on Rye Lettuce & Tomatoes Spinach Salad Banana	30 Chilled juice Chicken Parmesan Angel Hair Pasta Tossed Salad w/Assorted Dressing Italian Bread w/Margarine Peaches	31 Chilled Juice Ham & Cabbage Red Skin Mashed Potatoes Biscuit w/Margarine Chocolate Ice Cream	