



January Congregate Hot Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1 <small>New Year's Day</small> Closed	2 SMOTHERED PORK COLLARD GREENS WARM CINNAMON APPLES WHOLE GRAIN ROLL	3 BEEF ENCHILADA BAKE CILANTRO RICE APPLE COBBLER WHOLE GRAIN ROLL	4 ❄️ BEEF TIPS AND GRAVY MASHED POTATOES GREEN BEANS AND CARROTS PEACHES AND CREAM BUTTERMILK BISCUIT
7 ❄️ VEGETABLE FRITTATA BLUEBERRY OATMEAL PORK SAUSAGE LINKS FRUIT MUFFIN	8 ❄️ CHICKEN AND RICE CASSEROLE SAUTEED CARROTS WARM CINNAMON APPLES WHOLE GRAIN ROLL	9 ❄️ ❄️ HUNGARIAN GOULASH SWEET AND SOUR CABBAGE WARM CINNAMON APPLES WHOLE GRAIN ROLL	10 ❄️ PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	11 LASAGNA W/ ITALIAN PORK SAUSAGE CALIFORNIA VEGETABLES WARM CINNAMON APPLES WHOLE GRAIN ROLL
14 ❄️ SWEET AND SOUR PORK BROWN RICE SIMMERED GREEN CABBAGE PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	15 CHICKEN CACCIATORE SAUTEED SPINACH RICE PUDDING WHOLE GRAIN ROLL	16 SPINACH AND PEPPER QUICHE VEGETARIAN SAUSAGE PATTY CINNAMON APPLES FRUIT MUFFIN	17 HOMEMADE MEATLOAF MASHED POTATOES STEWED TOMATOES CORN PUDDING WHOLE GRAIN ROLL	18 ❄️ BLACKENED TALAPIA SAUTEED SPINACH RICE PUDDING CORNBREAD MUFFIN
21 <small>ML King Day</small> HERB ROASTED CHICKEN BRUSSELS SPROUTS CHERRY CRISP BUTTERMILK BISCUIT	22 SLOPPY JOE BAKED BEANS WITH PEPPERS CHOCOLATE ZUCCHINI CAKE WHOLE WHEAT BUN	23 ❄️ ❄️ COUNTRY FRIED CHICKEN MASHED POTATOES SWEET CORN PEACH COBBLER WHOLE GRAIN ROLL	24 ❄️ SPAGHETTI WITH MEATSAUCE GREEN BEANS AND CARROTS PEACH CRISP WHOLE GRAIN ROLL	25 VEGETABLE LASAGNA HARVARD BEETS BLUEBERRY AND CHERRY CRISP WHOLE GRAIN ROLL
28 CORNED BEEF HASH SCRAMBLED EGGS PEACH COBBLER FRUIT MUFFIN	29 ❄️ PORK ROAST WITH GRAVY MASHED POTATOES CORN PEAS AND CARROTS RICE PUDDING WHOLE GRAIN ROLL	30 SESAME CHICKEN WHITE RICE WAX BEANS AND PEPPERS PINEAPPLE UPSIDE DOWN CAKE CHOWMEIN NOODLES	31 LASAGNA WITH ITALIAN SAUSAGE CALIFORNIA VEGETABLES CINNAMON APPLES WHOLE GRAIN ROLL	



Each meal meets the new A.A.A. approved nutritional guidelines.
All meals have between 80-120 grams of carbohydrates. All meals are trans-fat free.

