

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meals Served New Year's Day	2 Hamburger 1pc Gravy 2oz Mashed potatoes 4oz Chef's Veg 4oz Pears 4oz Dinner Roll 1pc	3 Potato Bacon Soup 6oz Oven Baked Chicken 1pc Rice Pilaf 4oz Carrots 4oz Fresh fruit 1pc Oat Bread 1pc Cranberry Sauce 1pc	4 Special Honey Garlic Pork 3oz Sauce 2oz White Rice 4oz Broccoli 1pc Pineapple 4oz WW Bread 1pc	5 Swedish Meatballs 3pc Sauce 2oz Pasta 4oz Peas 4oz Cookie/Lorna Doones 1pc Italian Bread 1pc
8 American Chop Suey 8oz Spinach 4oz Mixed Fruit 1pc Dinner Roll 1pc Parmesan Cheese 4oz	9 Crust less Chicken Pot pie (carrots, corn, peas) 6oz Mashed Potatoes 4oz Green Beans 4oz Peaches 4oz Biscuit 1pc	10 Veggie Soup 6oz Breaded Fish (Potato Pollock) 1pc Roasted Potatoes 4oz Brussels Sprouts 4oz Yogurt 1pc WW Bread 1pc Tarter Sauce 1pc	11 Ribeque 1pc Sweet Potatoes 4oz Coleslaw (cold bag) 4oz Apple Crisp (third compartment)/Baked Apples (modified) 4oz Burger Bun 1pc	12 Turkey 3oz Gravy 2oz Mashed Potatoes 4oz Carrots & Parsnip 4oz Chef's Dessert 4oz WW Dinner Roll 1pc Cranberry Sauce 1pc
15 No meals Served MLK Day	16 LS Hot Dog 1 pc Pork Baked Beans 4 oz Potato Chips 1pc Hot Dog Roll 1 pc Mandarin Oranges 4oz Ketchup, Mustard, Relish 1 pc each	17 Beef, Tomato & Black Bean Soup 6oz Chicken Fajitas (3oz chicken 2oz Peppers) Rice 4oz Summer Squash 4oz Tortilla 1pc Fresh Fruit 1pc Sour Cream 1pc	18 Birthday Pot Roast 3oz Gravy 2oz Scalloped Potatoes 4oz Honey Carrots 4oz B-day Cake/Angel Food 1pc WW Roll 1pc	19 Macaroni & Cheese 8oz Crumb Topping .25oz (side) Ratatouille 4 oz Pears 4oz Multigrain Bread 1pc
22 Nancy's Chicken (2 drumsticks, gravy, onions and peas) Rice 4oz Butternut Squash 4oz Pineapple 4oz WW Bread 1pc	23 Meatloaf 1pc Gravy 2oz Mashed Potatoes 1pc Beets 4oz Oat Bread 1pc Fruit Loaf/Grahams 1pc Ketchup 1pc	24 Broccoli Soup 6oz Vegetable Frittata 1pc Roasted Potatoes 4oz Baked Apples 4oz Yogurt 1pc Juice 1pc (no milk) WW Roll 1pc, Ketchup 1pc	25 Pulled Pork 3oz BBQ sauce 2oz Sweet Potatoes 4oz Corn 4oz Applesauce 4oz Burger Bun 1pc	26 Seafood Newburg 6oz Pasta 4oz Chef's Veg 4oz Mandarin Oranges 4oz Italian Bread 1pc
29 Turkey Casserole 6oz Rice Pilaf 4oz Carrots 4oz Pudding/Diet Pudding 4oz Multigrain Bread 1pc	30 Lasagna 1pc Meat Sauce 2oz Cauliflower 4oz Brownie/Lorna Doones 1pc Dinner Roll 1pc	31 Tomato Soup 6oz Breaded Chicken Patty 1pc Roasted Potatoes 4oz Mixed Veggies 4oz Fresh Fruit 4oz Burger Bun 1pc Honey Mustard Packet 1pc	January Regular Menu 2018	