










JANUARY 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
<p>Center is Closed</p> 	Grilled Chicken Salad (Chicken, Cheddar Cheese & Egg over Mixed Greens) Cream of Broccoli Soup w/ Crackers Dinner Roll Fruited Gelatin	Burgundy Glazed Meatballs Rice Roasted Brussel Sprouts Italian Breadstick Mandarin Oranges	Cheeseburger Cheesy Bacon Potatoes Coleslaw Fresh Fruit 	Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables White Bread Pudding
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Western Omelet w/ Ham, Peppers, Onions & Cheese Sausage Patty Breakfast Potatoes English Muffin w/ Jelly Apple Juice	Creamy Parmesan Pork Chop Diced Redskin Potatoes Green Beans Dinner Roll Pineapple Tidbits Cookie 	Pot Roast w/ Gravy Mashed Potatoes Vegetable Soup w/ Crackers Italian Bread Cookie 	<i>Birthday Special</i> Stuffed Chicken Breast w/ Gravy Garlic Whipped Potatoes Mixed Vegetables Dinner Roll Fruit Cup Cupcake & Ice Cream	BBQ Chicken Breast Brown Rice Coleslaw Wheat Bread Fresh Fruit
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
<i>Martin Luther King Day</i> Chicken Marsala w/ Sauce Rice Pilaf Broccoli & Cauliflower Blend Wheat Bread Pecan Pie w/ Whipped Topping	Baked Cabbage Roll w/ Tomato Sauce Garlic Whipped Potatoes Carrots Dinner Roll Fresh Fruit	Stadium Hot Dog Hot Dog Bun Chili Sauce Cheesy Potatoes Green Beans Pineapple & Mandarin Oranges	Salisbury Steak w/ Gravy Baked Potato w/ Margarine Broccoli Wheat Bread Gelatin	Chicken Stew Pepper Slaw Buttermilk Biscuit Peaches 
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Baked Cod Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit	Homestyle Chili Cheddar Cheese Tossed Salad w/ Tomato Cornbread Applesauce 	Taco Salad (Taco Meat, Cheddar Cheese, Lettuce, Tomato & Salsa) Tortilla Chips Corn w/ Pimentos Pineapple	Meatloaf w/ Gravy Mashed Potatoes Green Beans Assorted Cookies	Swedish Meatballs w/ Gravy Buttered Noodles Peas Dinner Roll Seasonal Fresh Fruit
30-Jan	31-Jan			<p>Lunch is served 11:30 am - 1:00 pm Monday - Friday Lunch donation - \$3 for age 60+ \$6 for age 59 and under *Menu Subject to Change*</p>
Spaghetti & Meatballs Pasta w/ Marinara Tossed Salad w/ Tomato Garlic Breadstick Mixed Fruit Salad	Popcorn Chicken Whipped Potatoes Corn Biscuit Peaches	<p>To guarantee a lunch, you MUST make a reservation by NOON THE DAY BEFORE. Call Center at the Mall at 724-774-5654</p>		