





# January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			2	3	4	5
6	7 Chicken Tacos with Salsa And Brown Rice	8 Meatloaf with Asian Vegetables and Diced Potatoes 	9 Meatball Subs with Marinara and Provolone served with House Made Chips	10 BBQ Beef served with Cole Slaw on a Onion Roll with Potato Salad and Corn on the Cob	11 Baked Chicken Breast with Broccoli Casserole and Rotini with Cheese Sauce	12
13 	14 3 Meat Lasagna with Garlic Knots and a Side Salad (Veggie Lasagna Also Available)	15 Sirloin Tips with Sautéed Mushroom and Onion served with Loaded Baked Potato and Steamed Asparagus	16 Chicken Pot Pie with Potato Crust	17 5 Way Chili Spaghetti with Garlic Bread	18 Rotisserie Chicken with Roasted Brussel Sprouts and Mashed Sweet Potatoes	19 1
20	21 Baked Pork Loin with Butternut Squash and Macaroni and Cheese	22 BBQ Chicken Sliders with Herb Roasted Potatoes and Crisp Green Beans	23 Hawaiian Chicken Sliders with Sweet Potato Fries and Kale Chips	24 Beef Rib Tips with Green Beans and Au gratin Potatoes	25 3 Meat or Veggie Calzone served with Marinara for Dipping and Side Salad	26
27	28 Spaghetti and Meatballs in Marinara Sauce served With Side Salad and Garlic Twist	29 Buffalo Chicken Wraps with Ranch Dipping Sauce and Onion Rings	30 Stuffed Peppers with Ground Chicken and Brown Rice	31 Spinach Stuffed Chicken With Rotini and Broccoli	<b>Vegan/Vegetarian Options Available Daily</b>	

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