

# Jan. Hot Meal Options

Monday 1/3/2022	Tuesday 1/4/2022	Wednesday 1/5/2022	Thursday 1/6/2022	Friday 1/7/2022
Hawaiian BBQ Chicken Brown Rice Pilaf Broccoli* Rye Bread Slice/Marg Banana Pudding	Beefy Mac Casserole with Cavatappi Noodles Romaine Blend Salad/Dress Capri Blend Vegetables* 100% Whole Grain Bread/Marg Mandarin Oranges	Roasted Pork Chop with Apple Chutney Mashed Potatoes Green Peas* WG Dinner Roll/Marg Sugar Cookie	10 Grain Fish Filet* Oven Roasted Baby Reds Green Beans* Italian Roll/Marg Fruit Cocktail Tartar Sauce PC	Pizza Joe* Sandwich on WG Hamburger Bun Shredded Mozzarella Cheese Seasoned Potato Wedges* Italian Blend Vegetables* Diced Pears
Monday 1/10/2022	Tuesday 1/11/2022	Wednesday 1/12/2022	Thursday 1/13/2022	Friday 1/14/2022
Beef Stew with Potatoes, Carrots & Peas Chuckwagon Corn* Romaine Blend Salad/Dress Mini Buttermilk Biscuit/Marg Glazed Pineapple	Breaded Chicken* Sandwich on WG Hamburger Bun w/ Leaf Lettuce & Sliced Tomato Twice Baked Whipped Potatoes Mixed Vegetables* Cherry Vanilla Yogurt PC	Italian Meatballs Baked Potato/Sour Cream Brussels Sprouts* WG Breadstick/Marg Decorated Birthday Cake	Pork Fritter* Mashed Potatoes Creamed Cabbage Marble Bread/Marg Ambrosia Salad	Baked Cod Loin in Citrus Cream Sauce Baked Sweet Potato Zucchini & Tomatoes* Pumpnickel Bread/Marg Apricot Halves
Monday 1/17/2022	Tuesday 1/18/2022	Wednesday 1/19/2022	Thursday 1/20/2022	Friday 1/21/2022
  <i>Senior Center Closed</i>	Ham & Scalloped Potatoes Green Beans* WG Dinner Roll/Marg Applesauce	Soft Shell Beef Taco Taco Meat*, Shred Cheese Shred Lettuce, Diced Tomato Fiesta Corn* 8" Flour Tortilla Sour Cream & Taco Sauce PCs Applesauce	Turkey Breast & Gravy Potato Medley Broccoli* WG Dinner Roll/Marg Oatmeal Raisin Cookie	Salisbury Steak with Onion Gravy Whipped Potatoes Country Blend Vegetables* Wheatberry Roll/Marg Strawberry Shortcake
Monday 1/24/2022	Tuesday 1/25/2022	Wednesday 1/26/2022	Thursday 1/27/2022	Friday 1/28/2022
Teriyaki Meatballs Oriental Blend Vegetables* Oven Roasted Baby Reds Fortune Cookie Cinn. Raisin Bread/Marg Fresh Orange	Sliced Roast Beef & Gravy Garlic Mashed Potatoes Glazed Diced Beets Vienna Bread/Marg Lemon Pudding	Cheese Omelet* Chef Mike's Cheese Sauce Breakfast Potatoes Vegetable Juice Blueberry Muffin Glazed Pineapple	Ham & Northern Beans California Blend* Cornbread/Marg Cherry Cobbler	Cheeseburger* on a Wheat Hamburger Bun w/ Leaf Lettuce, Tomato, Red Onions & Pickle Slices Baked Beans Tropical Fruit
Monday 1/31/2022				
California Cheesy Chicken  & Brown Rice Casserole  Zucchini & Tomatoes* WG Dinner Roll/Marg Cinnamon Apple Slices			1% OR SKIM MILK IS AVAILABLE FOR ALL LUNCHES	PLEASE CALL Y OUR ORDER IN BY NOON ON THE DAY BEFORE YOU WOULD LIKE LUNCH 402-293-3041

# Jan. Deli Options

Monday 1/3/2022	Tuesday 1/4/2022	Wednesday 1/5/2022	Thursday 1/6/2022	Friday 1/7/2022
Three Meat Hoagie Turkey, Ham, Roast Beef & American Cheese on Wheat Hoagie Bun w/ Leaf Lettuce & Tomato Coleslaw Banana or Diet Pudding	Pecan Cranberry Chicken Salad with Grapes on Cinnamon Raisin Bread Marinated Vegetable Salad Mandarin Oranges	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Fruit Punch Juice Sugar cookie	Creamy Cheese Tortellini over Romaine Blend Salad w/ Grape Tomatoes & Black Olives Crackers (2pk) Fruit Cocktail	Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Salad Mix with Asian Dressing Crackers (2pk) 100% Apple Juice
Monday 1/10/2022	Tuesday 1/11/2022	Wednesday 1/12/2022	Thursday 1/13/2022	Friday 1/14/2022
Egg Salad on Croissant w/ Lettuce & Tomato Three Bean Salad Glazed Pineapple	BLT Salad Chopped Bacon, Dice Tomato & Romaine Lettuce Blend Housemade Croutons 100% Grape Juice Cherry Vanilla Yogurt PC	Classic Chef Salad Turkey, Ham, Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Birthday Cake	Chicken Pasta Salad over Romaine Blend Salad Tomato Wedges Housemade Croutons Ambrosia Salad	Greek Chicken Salad Diced Chicken, Cucumber & Tomato over Romaine Blend w/ Greek Feta Dressing Crackers (2pk) 100% Fruit Punch Juice Apricot Halves
Monday 1/17/2022	Tuesday 1/18/2022	Wednesday 1/19/2022	Thursday 1/20/2022	Friday 1/21/2022
<i>Senior Center Closed</i>	Roast Beef & Swiss on Marble Bread w/ Lettuce & Tomato Coleslaw Applesauce	Turkey Chef Salad Diced Turkey, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Fruit Punch Juice Applesauce	Sliced Ham & American on Wheat Bread w/ Lettuce & Tomato Carrot Raisin Salad Oatmeal Raisin Cookie	Turkey & Cheddar with Leaf Lettuce & Tomato on 1/2 Ciabatta Marinated Vegetable Salad Strawberry Shortcake
Monday 1/24/2022	Tuesday 1/25/2022	Wednesday 1/26/2022	Thursday 1/27/2022	Friday 1/28/2022
Chicken Caesar Salad w/ Caesar Dressing Housemade Croutons Romaine Lettuce Blend 100% Grape Juice Fresh Orange	Deli Chicken & American Cheese on Marble Bread w/ Lettuce & Tomato Carrot Raisin Salad Lemon Pudding	Ham & American Cheese on WG Bread w/ Lettuce & Tomato Potato Salad Glazed Pineapple	Roast Beef Chef Salad Roast Beef & Diced Egg Amer. Cheese & Grape Tomatoes Romaine Lettuce Blend Crackers (2pk) 100% Apple Juice Cherry Cobbler	Ham Chef Salad Diced Ham, Diced Egg Amer. Cheese & Grape Tomatoes Crackers (2pk) 100% Grape Juice Tropical Fruit
Monday 1/31/2022			ALL LUNCHESES SERVED WITH 1% OR SKIM M ILK	PLEASE CALL BY NOON ON THE DAY BEFORE YOU'D LIKE LUNCH 402-293-3041