

Monday	Tuesday	Wednesday	Thursday	Friday
Happy New Years! Office is closed No meals will be delivered	2 Philly Cheeseburger w/ Provolone, Peppers, & Onions 1/2c Potato Salad Sandwich Roll Fresh Seasonal Fruit	3 Balsamic Glazed Chicken w/ Tomatoes & Mozzarella Cheese 1/2c Penne Pasta 1/2c Green Beans 1 Dinner Roll 1/2c Fruited Gelatin	4 1c Cabbage Casserole 1c Tossed Salad 1/2c Carrots 1 White Bread Seasonal Fresh Fruit	5 Baked Pollock 1/2c Macaroni & Cheese 1/2c Spinach 1 Wheat Bread 1/2c Mandarin Oranges
8 Swedish Meatballs (4) 1/2c. Rice 1/2c Peas 1 Wheat Bread 1/2c Apple Crisp	9 Cheese Omelet w/ Ham, Peppers, Onions 1 Sausage Patty 1/2c Breakfast Potatoes 1 English Muffin w/ Jelly 4oz Apple Juice	10 Lemon Dijon Pork Loin 1/2c Buttered Pasta 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pineapple Tidbits	11 Baked Crab Cakes 1/2c Cheesy Potatoes 1/2c Peas 1 Dinner Roll 1/2c Cottage Cheese & Peaches	12 Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange
Martin Luther King Day! 1/2c BBQ Pulled Pork 1/2c Creamy Coleslaw 1/2c Green Beans 1 Sandwich Roll Seasonal Fresh Fruit	16 Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	17 1c Chili 1oz Shredded Cheddar Cheese 1/2c Peas Cornbread Fresh Fruit	18 4oz Creamy Chicken Salad Sandwich Lettuce & Tomato 1c Cream of Broccoli Soup 2 Whole Wheat Bread 1/2c Cinnamon Applesauce	19 Pepper Steak w/ Onions & Peppers 1/2c Whipped Potatoes 1/2c Diced Carrots 1 Wheat Bread 1/2c Blushed Pears
22 1c Winter Beef Stew 1/2c Mixed Vegetables Cornbread 1/2c Sliced Apples	23 Chicken Cobb Salad (2 oz Diced Chicken, Egg, Bacon Bits, Cheddar, over 1c. Mixed Greens 1/2c. Diced Beets 1 Dinner Roll 1/2c Mixed Fruit	24 Sweet & Sour Meatballs (4) 1/2c. Rice 1/2c Peas 1 Wheat Bread Seasonal Fresh Fruit	25 1c Stuffed Pepper Casserole 1c Tossed Salad 1/2c Coin Carrots 1 White Bread 1/2c Pudding	26 Honey Rosemary Chicken 1/2c Buttered Noodles 1/2c Green Beans 1 Dinner Roll 1/2c Peaches
29 Burgundy Glazed Meatballs (4) 1/2c Rice 1/2c Mixed Vegetables 1 Wheat Bread 1/2c Pears	30 Baked Meatloaf w/ Gravy Baked Potato w/ Margarine 1/2c Peas 1 White Bread Seasonal Fresh Fruit	31 Grilled Chicken Salad (2oz Chicken, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup 1 Dinner Roll 1/2c Gelatin	To skip or cancel A meal please call 610-374-3195 ext. 220	