

January Lunch Menu

		1 New Years Meal Marinated Tomatoes with Penne and Basil Grilled Rib-Eye Steak Roast Pork Tenderloin Onion and Mushroom Gravy Hopping John Rice Oven Browned Potatoes Grilled Asparagus Roasted Carrots w/Rosemary Roasted Cauliflower	2 Southwestern Fish Beef Enchiladas Mr Z's Baked Chicken Chicken Gravy Baked Sweet Potato Spanish Rice Mexican Corn Hacienda Green Beans Spinach Club	3 Grilled Honey Sriracha Chicken Grilled Steak Grilled Salmon w/Citrus Butter Brown Gravy Baked Potato Halves Buttered Egg Noodles Herbed Green Beans Carrots Creamed Corn Sauteed Mushrooms & Onions	4 Caribbean Chicken Shrimp Jambalaya Sweet and Sour Spareribs Chicken Gravy Crispy Potato Wedges Oriental Rice Mediterranean Lima Beans Summer Squash Peas and Carrots	5 Oriental Pepper Steak Terriyaki Pork Steak Brown Gravy Filipino Rice O'Brien Potatoes Mixed Vegetables Cauliflower Grilled Asparagus
6 Roast Beef Fried Shrimp Cream Gravy Mashed Potatoes Rice Pilaf Green Beans w/Mushroom Corn on the Cobb Zucchini Fritters	7 Baked Fish w/Lemon Garlic Butter Beef Ball Stroganoff Southern Fried Chicken Brown Gravy Brown Rice Buttered Egg Noodles Carrots French Style Peas Green Beans	8 Yankee Pot Roast Turkey A La King Grilled Pork Chops Onion Gravy Buttered Parsley Potatoes Steamed Rice Peas Roasted Cauliflower Corn Calico	9 Caribbean Chicken Salmon w/Maple Ginger Glaze Cantonese Spareribs Brown Gravy Red Beans & Rice Franconia Potatoes Brussel Sprouts Savory Summer Squash Broccoli Combo	10 Honey Ginger Chicken Tuna Noodles Veal Parm Chicken Gravy Oven Browned Potatoes Steamed Rice Creamed Corn Broccoli Zucchini Fritters	11 Shrimp Chop Suey Sweet Chili BBQ Meatballs Sweet and Sour Spareribs Onion Gravy Roasted Pepper Potatoes Pork Fried Rice Japanese Stir Fry Vegetables Peas and Carrots Cauliflower	12 Chicken A La King Eggplant Parmesan Brown Gravy Brown Rice w/Tomato Rosemary Roasted Potato Wedge Roasted Carrots w/ Rosemary Garlic Peas French Green Beans
13 Pineapple BBQ Meatballs Fried Shrimp Brown Gravy Filipino Rice Mashed Potatoes Black Eyed Peas Okra Melange Grilled Asparagus	14 Santa Fe Glazed Chicken Fiesta Fish Cajun Meatloaf Turkey Gravy Baked Potato Islander Rice Broccoli Polonaise Corn Fried Cauliflower	15 Hot and Spicy Chicken Grilled Steak Pork Adobo Cream Gravy Roasted Pepper Potatoes Steamed Rice Sautéed Collard Greens w/Garlic Corn on the Cobb Mixed Vegetables	16 Baked Salmon Mexican Baked Chicken Chicken Ground Beef Enchiladas Chicken Gravy Crispy Potato Wedges Spanish Rice Hacienda Corn and Black Beans Peas w/ Mushrooms and Onions Summer Squash	17 Cajun Chicken Stuffed Green Peppers Creole Shrimp Brown Gravy Potatoes and Herbs Jefferson Noodles Succotash Collard Greens Fried Okra	18 Pork Roast Tenderloin Grilled Honey Sriracha Chicken Beef Yakisoba Brown Gravy Baked Sweet Potato Steamed Rice Herbed Green Beans Scalloped Corn Tempura Vegetables	19 Baja Fish Tacos Herbed Baked Chicken Brown Gravy Spicy Brown Pilaf Rice Corn Bread Dressing Green Beans Cauliflower Parmesan Glazed Carrots
20 Marinated Tomatoes With Penne And Basil Shrimp Jambalaya Brown Gravy Baked Mac and Cheese Baked Potato Halves Corn Combo Spinach Savory Summer Squash	21 Cajun Chicken/Asian BBQ Brisket Southern Fried Catfish Brown Gravy Mashed Potatoes Baked Macaroni and Cheese Corn on the Cobb Collard Greens Sweet Potatoes Southern Style	22 Baja Baked Cod Chicken Fajitas Steak Ranchero Onion Gravy Red Beans & Rice O'Brien Potatoes Refried Beans Mexican Corn Broccoli	23 Beef and Corn Pie Lemon Pepper Catfish Baked Turkey and Noodles Cream Gravy Oven Browned Potatoes Rice Pilaf Peas w/ Mushrooms and Onions Broccoli Combo Spinach Club	24 Baked Dijon Pork Chop Grilled Salmon w/Citrus Butter Yakisoba Chicken Gravy Brown Rice Scalloped Potatoes French Style Peas Corn O'Brien Southern Style Collard Greens	25 Baked Turkey Roulade Florentine Parmesan Fish Country Style Steak Mushroom Gravy Harvest Blend Rice Garlic Mashed Potatoes Harvest Vegetable and Bean Ragout Roasted Carrots w/ Rosemary Cauliflower	26 Basil Baked Fish BBQ Chicken Chicken Gravy Buttered Parsley Potatoes Steamed Rice Creamed Corn Simmered Pinto Beans Peas
27 Pork Chops w/Pineapple Asian Glaze Terriyaki Steak Onion Gravy Potatoes and Herbs Fried Rice with Eggs Japanese Stir Fry Vegetables Green Beans w/Mushroom Corn	28 Shrimp Chop Suey Orzo w/ Spinach, Tomato, and Onion Chicken Parmesan Chicken Gravy Brown Rice with Vegetable Sicilian Oven Browned Potatoes French Green Beans Cauliflower Combo Corn O'Brien	29 Creole Fish Fillets Orange Rosemary Pork Chop Chicken Cordon Bleu Chicken Gravy Hopping John Rice Rosemary Roasted Potato Wedge Mixed Vegetables Summer Squash Succotash	30 Santa Fe Glazed Chicken Sweet and Spicy Orange Salmon Stuffed Baked Pork Chops Onion Gravy Long Grain & Wild Rice Roasted Pepper Potatoes Spanish Style Beans Peas and Carrots Grilled Asparagus	31 Beef and Corn Pie Pork Adobo Lemon Pepper Baked Chicken Brown Gravy Spicy Brown Pilaf Rice Mashed Potatoes Fried Cabbage French Style Peas Glazed Carrots		