



JANUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					<p>1 Roast Turkey Stuffed Green Peppers (Beef) Corn Bread Dressing Baked Sweet Potato Corn O'Brien Peas and Carrots Fried Cauliflower</p>	<p>2 Baked Chicken Beef Bulgogi Sicilian Brown Rice w/ Vegetable Herbed Green Beans Garlic Mashed Potatoes Sweet Potatoes Southern Style Braised Cabbage</p>
<p>3 Stir Fry Chicken w/Broccoli Teriyaki Steak Lyonnais Rice Roasted Pepper Potatoes Honey Glazed Pea Pods and Carrots Roasted Cauliflower French Style Green beans</p>	<p>4 Grilled Pork Chops Sweet Chili BBQ Meatballs Rice Pilaf Baked Sweet Potato Sautéed Collard Greens w/Garlic Black Eyed Peas Vegetable Medley</p>	<p>5 Fiesta Fish Southwestern Sweet Potatoes Black Beans and Corn Yankee Pot Spinach & Tomato Orzo Simmered Pinto Beans Peas Cauliflower Fried Okra</p>	<p>6 Shrimp Kabob Beef Stir Fry Garlic and Soy Roasted Potatoes Steamed Rice Green Bean Sesame Glaze Oriental Stir Fry Cabbage Carrots</p>	<p>7 Braised Beef & Noodles Eggplant Parmesan Red Beans & Rice Mashed Potatoes Corn Spinach Harvard Beets</p>	<p>8 Polish Sausage Baked Salmon Buttered Parsley Potatoes Brown Rice w/Tomatoes Sautéed Peppers and Onions Brussel Sprouts Mixed Vegetables</p>	<p>9 Santa Fe Glazed Chicken Beef Ball Stroganoff Hopping John Rice Cottage Fried Potatoes Peas and Carrots Fried Cauliflower Savory Summer Squash</p>
<p>10 Hamburger Yakisoba Bourbon Chicken Steamed Rice Roasted Pepper Potatoes Roasted Zucchini Squash w/Tomatoes Japanese Stir Fry Vegetables Succotash</p>	<p>11 Jerk Roast Turkey Grilled Pork Chops Steamed Rice Mashed Potatoes Roasted Butternut Squash French Style Green Beans Garlic Peas</p>	<p>12 Meat Loaf Baked Chicken Baked Mac and Cheese Mashed Potatoes Black Eyed Peas Honey Glazed Pea Pods & Carrots Sautéed Mushrooms and Onions</p>	<p>13 Lemon Basil Shrimp Pasta Baked Dijon Pork Chop Roasted Redskin Potatoes Barley Pilaf Roasted Zucchini Squash w Tomatoes Mediterranean Lima Beans Greek Style Grilled Vegetables</p>	<p>14 Baked Fish BBQ Beef Cubes Sweet Potatoes Southern Style Spicy Brown Pilaf Rice Southern Style Collard Greens Corn Stewed Tomatoes</p>	<p>15 California Veggie Quesadilla Grilled Salmon w/Citrus Butter Savory Style Beans Oven Browned Potatoes Carrots on the Griddle Broccoli</p>	<p>16 Hot and Spicy Chicken Ziti with Meat Sauce Buttered Parsley Potatoes Harvest Blend Rice Herbed Green Beans Zucchini & Yellow Squash Gratin</p>
<p>17 Shrimp Scampi Chicken Parmesan Boston Baked Beans Buttered Egg Noodles Roasted Butternut Squash Peas w/ Mushrooms and Onions Cauliflower Combo</p>	<p>18 Roast Beef Chicken Cordon Bleu Mashed Potatoes Steamed Rice Broccoli Combo Cream Style Corn Roasted Brussel Sprouts</p>	<p>19 Pepper Steak Tuna Noodles Southwestern Rice Roasted Redskin Potatoes Hacienda Corn and Black Beans Sautéed Mushrooms and Onions</p>	<p>20 Fish Onion-Lemon Baked Meat Loaf Rice Pilaf Hot German Potato Salad Carrots Broccoli Polonaise Country Style Vegetables</p>	<p>21 Mambo Pork Roast Pineapple BBQ Meatballs Islander Rice O'Brien Potatoes Roasted Butternut Squash Vegetable Medley Corn Brown Gravy</p>	<p>22 Stuffed Greens Peppers w/ Turkey and Lentils Swiss Steak w/ brown gravy Peas Mediterranean Grilled Asparagus Succotash Brown Gravy Baked potato Halves Red beans and rice</p>	<p>23 Honey Ginger Chicken Shrimp Jambalaya Steamed Rice Baked Potato Oriental Stir Fry Cabbage Snow Peas Corn Combo Mushroom Gravy</p>
<p>24 Turkey Ala King Oven Fried Fish Spinach and Tomato Orzo Parmesan Rice Roasted Cauliflower Broccoli Mixed Vegetables Chicken Gravy</p>	<p>25 Pepper Steak Baked Fish w/ Lemon Garlic Butter Oven Browned Potatoes Corn Calico Spinach Steamed Rice Mixed Vegetables Chicken Gravy</p>	<p>26 Basil Baked Fish Turkey Breast Fillet Mashed Potatoes Jefferson Noodles Roasted Cauliflower Carrots Broccoli Parmesan Turkey Gravy</p>	<p>27 Cajun Meatloaf Shrimp Scampi Red Beans and Rice Crispy Potato Wedges Corn on the Cob Cajun Style Vegetables Peas w/ Onions Brown Gravy</p>	<p>28 Baked Dijon Pork Chops Spinach Lasagna Italian Style Baked Beans Crispy Potato Wedges Sautéed Collard Greens w/ garlic Cauliflower Combo Scalloped Corn Chicken Gravy</p>	<p>29 Roast Turkey Stuffed Green Pepper Corn Bread Dressing Baked Sweet Potato Corn O'Brien Peas and Carrots Fried Cauliflower Turkey Gravy</p>	<p>30 BBQ Beef Cubes Lemon Popper Baked Chicken Garlic Mashed Potatoes Herbed Green Beans Sweet Potatoes Southern Style Braised Cabbage Peas w/ Onions Chicken Gravy</p>