

**Lunch**
**January 2023**

MON	TUE	WED	THU	FRI	SAT	SUN
						<b>1</b> Mushroom Chicken over Brown Rice Broccoli Cauliflower
<b>2</b> Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	<b>3</b> Macaroni Shells in Meat Sauce Italian Blend Veggies Corn	<b>4</b> Curry Chicken over Brown Rice Sweet Potato Mixed Vegetables	<b>5</b> Roast Beef and Gravy Turnip Greens Carrots	<b>6</b> Cheese Cannelloni Carrots and Peas Green Beans	<b>7</b> Chicken Primavera Rotini Carrots Green Beans	<b>8</b> Beef and Cheese Enchilada Mexi-Corn Poached Pears
<b>9</b> Beef Steak + Onion Gravy over Brown Rice Carrots Pepperonata	<b>10</b> Teriyaki Meatballs over Brown Rice Green Beans Cauliflower w/ Mushrooms	<b>11</b> Spaghetti and Meat Sauce Peas Corn	<b>12</b> Chicken Fettucini in Alfredo Sauce Peas Carrots	<b>13</b> Pollo Santa Fe over Rice Refried Beans Broccoli	<b>14</b> Swiss Steak w/ Gravy Sweet Potato Cannellini Beans	<b>15</b> Macaroni and Meat Casserole Succotash Broccoli
<b>16</b> Turkey a la King over Noodles Peas Carrots	<b>17</b> Beef Steak + Onion Gravy over Brown Rice Carrots + Pepperonata	<b>18</b> Teriyaki Chicken Breast over Brown Rice Mixed Vegetables	<b>19</b> Chicken Cordon Bleu over Brown Rice California Veggies Cinnamon Apples	<b>20</b> Beef Burgundy Mashed Potatoes Carrots	<b>21</b> Teriyaki Meatballs over Brown Rice Green Beans Cauliflower + Mushrooms	<b>22</b> Santa Fe Chicken over Brown Rice Refried Beans Chuckwagon Corn
<b>23</b> Turkey a la King over Noodles Peas Carrots	<b>24</b> Cheese Enchilada Corn with Peppers Peas	<b>25</b> Chicken Breast Strips Fajita Vegetables Broccoli Sweet Potato	<b>26</b> Beef Steak + Onion Gravy over Brown Rice Carrots Pepperonata	<b>27</b> Mushroom Chicken over Brown Rice Broccoli Cauliflower	<b>28</b> Teriyaki Chicken over Brown Rice Peas Creamed Corn	<b>29</b> Turkey and Gravy Mashed Potatoes Broccoli
<b>30</b> Cheese Cannelloni Carrots and Peas Green Beans	<b>31</b> Baked Chicken over Brown Rice Mashed Potatoes Broccoli					

Beverage choice: milk, soymilk, juice or bottled water. Menu is subject to change.