



Menu JANUARY 2022

Menu Key
 * Vitamin A Source (≥ 840 mgs)
 + Vitamin C Source (≥ 90 mgs)
 # High Salt (≥ 1,000 mgs)
 @ Spicy
 V No Meat, made with vegetable base
 ** Menu has changed since first print

January 3	January 4	January 5	January 6	January 7
V+ Chile Relleno Casserole, Black Beans, Spanish Rice, Seasonal Vegetables	Baked Ham with Cranberry Pineapple Sauce, Garlic Mashed Potatoes, Seasonal Vegetables, Wheat Roll	+ Chicken Jambalaya with Rice, California Blend Vegetables	+ Beef Stroganoff, Herb Pasta, Green Beans with Onions and Bell Peppers, Wheat Roll	+ Baked Turkey with Herb Gravy, Mashed Potatoes, Carrots and Green Beans
January 10	January 11	January 12	January 13	January 14
V+ Tuscan Bean Stew with Tofu, Brown Rice, Cauliflower with Bell Peppers and Red Onions	*+ BBQ Chicken, Sweet Potato Fries, Peas and Carrots	Pot Roast with Gravy, Garlic Mashed Potatoes, Seasonal Vegetables	+ Three Cheese Ham Pasta Bake, Green Beans, Garlic Herb Biscuit	+ Swedish Meatballs, Herb Pasta, Peas and Carrots
January 17	January 18	January 19	January 20	January 21
CLOSED	+ Beef Hot Dogs, Seasoned Diced Potatoes, Peas and Carrots	Spaghetti with Zesty Meat Sauce (Turkey), Italian Green Beans with Onions	+ Chicken and Cheese Enchilada with Green Sauce, Spanish Rice, Carrots with Bell Peppers and Onions	+ Shepherd's Pie, Seasonal Vegetables, Wheat Roll
January 24	January 25	January 26	January 27	January 28
V* Vegetable Frittata (Red Onion, Bell Pepper, Zucchini, Spinach, Cheese), Carrots and Broccoli, Wheat Roll	+ Turkey Baked Ziti, Italian Green Beans	Italian Style Beef, Mashed Potatoes, Seasonal Vegetables, Wheat Roll	*+ Pork Carnitas, Spanish Rice, Carrots with Bell Peppers and Onions	Parmesan Chicken, Spaghetti, Green Beans with Onions
January 31				
V*+# Gerardo's Santa Fe Mac and Cheese, Peas and Carrots with Bell Pepper, Wheat Roll				