

Lunch Menu – January 2012

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1
Baked Cod♥
Spanish Rice
Stewed Tomatoes
Up Side Down Apple Cake
Herb Roasted Pork Roast
Spanish Rice
Stewed Tomatoes

2
Chicken Parmesan
Seasoned Rice
Italian Vegetables
Cookies
Baked Salmon♥
Seasoned Rice
Italian Vegetables

3
Garlic Pork Medallions
Baked Sweet Potato
Citrus Beets
Coconut Cream Pie
Tarragon Tilapia♥
Baked Sweet Potato
Citrus Beets

4
Salisbury Steak & Gravy
Scalloped Potatoes
Corn
Ice Cream Sundae
Lemon Pepper Chicken♥
Scalloped Potatoes
Corn

5
Fried Catfish
Macaroni & Cheese
Cauliflower
Fruit Turnover
Garlic Pork Loin♥
Macaroni & Cheese
Cauliflower

6
Shrimp Stir-Fry♥
White Rice
Broccoli
Cream Puffs
Sweet Italian Sausage &
Roasted Peppers
Fettuccine Noodles
Broccoli

7
Grilled Steak
Baked Potato
Asparagus
Hawaiian Cake
Roasted Chicken♥
Baked Potato
Asparagus

8
Lasagna
Garlic Bread
Side Salad
Plain Cheesecake
Baked Salmon♥
Buttered Noodles
Broccoli

9
Baked Tilapia♥
Cheesy Hash Browns
Green Beans
Angel Food Cake
Smoked Pork Chop
Cheesy Hash Browns
Green Beans

10
Biscuit Chicken Pot Pie
Boiled Baby Red Potatoes
Zucchini
Cherry Pie
Beef Brisket
Boiled Baby Red Potatoes
Zucchini

11
Kielbasa & Kraut w/ Apples
Scalloped Potatoes
Mixed Vegetables
Brownie Ala Mode
Salmon w/ Leeks & White Wine
Scalloped Potatoes
Mixed Vegetables

12
Swedish Meatballs
Egg Noodles
Citrus Beets
Root Beer Float
Mushroom Pesto Chicken♥
Egg Noodles
Citrus Beets

13
BBQ Pulled Pork
Potato Salad
Corn Salad
Coconut Cream Pie
BBQ Chicken♥
Potato Salad
Corn Salad

14
Chopped Steak and Gravy
Garden Rice Pilaf
Peas
Goey Nut Roll
Grilled Shrimp♥
Garden Rice Pilaf
Peas

15
Roast Beef & Gravy
Mashed Potatoes
Sweet Carrots
Fruit Turnover
Crispy Turkey Bake♥
Mashed Potatoes
Sweet Carrots

16
Stuffed Pork Loin
Potato Wedges
Corn on the Cob
Peach Crisp
Tarragon Chicken♥
Potato Wedges
Corn on the Cob

17
Baked Cod♥
Spanish Rice
Stewed Tomatoes
Up Side Down Apple Cake
Salisbury Steak
Spanish Rice
Stewed Tomatoes

18
Chicken Alfredo
Spaghetti Noodles
Lemon Lima Beans
Chocolate Ice Cream
Meatballs Marinara
Spaghetti Noodles
Lemon Lima Beans

19
Country Fried Steak
Mashed Potatoes & Gravy
Mixed Vegetables
Carrot Cake
Herb Roasted Pork Roast
Mashed Potatoes & Gravy
Mixed Vegetables

20
Garlic Pork Medallions
Baked Sweet Potato
Citrus Beets
Coconut Cream Pie
Tarragon Tilapia♥
Baked Sweet Potato
Citrus Beets

21
Breaded Shrimp
Baked Potato
Sautéed Spinach
Bread Pudding w/ Carmel
BBQ Pork Ribs
Baked Potato
Sautéed Spinach

22
Beef Stroganoff
Parsley Egg Noodles
Buttered Cauliflower
Watermelon Slice
Stuffed Peppers♥
Parsley Egg Noodles
Buttered Cauliflower

23
Liver & Onions
Au Gratin Potatoes
Peas
Cream Puffs
Oven Fried Chicken♥
Au Gratin Potatoes
Peas

24
Turkey Tetrazzini
Garden Rice Medley
Buttered Corn
Cherry Cream Cheese Bar
Tilapia in Orange Sauce♥
Garden Rice Medley
Buttered Corn

25
Beef & Pepper Stir Fry
White Rice
Broccoli
Mint Ice Cream
Shrimp Scampi
White Rice
Broccoli

26
Pork Fritter w/ Apple Sauce
Cheesy Hash Browns
Lemon Lima Beans
Angel Food Cake
Chicken Cordon Bleu
Cheesy Hash Browns
Lemon Lima Beans

27
Chicken Parmesan
Seasoned Rice
Italian Vegetables
Goey Nut Roll
Baked Salmon♥
Seasoned Rice
Italian Vegetables

28
Pork Roast in Sauerkraut
Fried Potatoes & Onions
Mixed Vegetables
Pineapple Upside Down Cake
Beer Battered Cod
Fried Potatoes & Onions
Mixed Vegetables

29
Roasted Turkey♥
Bread Dressing & Gravy
Green Bean Casserole
Pecan Pie/ Pumpkin Pie
Ham w/ Brown Sugar Glaze
Mashed Potatoes & Gravy
Green Bean Casserole

30
Chicken w/ Apple Cream Sauce
Boiled Baby Reds
Dill Carrots
Fruit Cocktail Cake
Swiss Steak
Boiled Baby Reds
Dill Carrots

31
Hamburger/Cheeseburger
Carrot & Raisin Salad
French Fries
Strawberry Pretzel Dessert
Chicken Sandwich♥
Carrot & Raisin Salad
French Fries



**Lunch is Served
at Noon**

♥ **Healthy Option**

Drink Choices:
JUICES: OJ, Cranberry, Apple, Grape, Tomato, Low Sodium Tomato
MILKS: Whole, 2%, Skim, Chocolate
COFFEE & TEAS: Regular, Decaf, Ice Tea, Reg. Hot Tea, Decaf. Hot Tea, Green Tea, Flavored Hot Tea's (ask for flavors)