

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2022

						<p>1</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Scrambled Eggs Toast, Cottage Cheese</p> <p><u>LUNCH</u> Italian Spaghetti, Tossed Salad with dressing</p> <p><u>DINNER</u> Tomato Soup, Crackers New Year's Day</p>
						<p>2</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Hash Browns, Sunny Side Up Eggs</p> <p><u>LUNCH</u> Grilled Honey Mustard Chicken, Mixed Vegetables, canned fruits</p> <p><u>DINNER</u> Baked Rigatoni, Garlic Bread, Chef Salad, Lemon Pudding</p>
<p>9</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Scrambled Eggs, Hash Brown</p> <p><u>LUNCH</u> Country Ranch Chicken, Roasted Potato, Fresh Coleslaw, Banana crème pie</p> <p><u>DINNER</u> Taco Casserole, Carrot Raisin Salad. ice cream</p>	<p>10</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Biscuits & Gravy, Crispy Bacon</p> <p><u>LUNCH</u> Roasted Garlic Pork Loin, Baked Yams, Sautéed (Yellow) Vegetables, Pecan Pie</p> <p><u>DINNER</u> Baked Beans w/ Shredded Pork, corn bread, cookies</p>	<p>11</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Sausage/Eggs over easy, Toast</p> <p><u>LUNCH</u> Southwest Beef Stew, Biscuits, Ice Cream</p> <p><u>DINNER</u> Waldorf Chicken Sandwich, French Fries, chocolate pudding</p>	<p>12</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Pancake, Canned Fruits</p> <p><u>LUNCH</u> Breaded Pork Chop, Roasted Potato, Sautéed Vegetable, Jello</p> <p><u>DINNER</u> Homestyle Mac n Cheese, Peas, , cream puffs</p>	<p>13</p> <p><u>BREAKFAST</u> Hot & Cold Cereals, Blueberry Muffin, Sausage links</p> <p><u>LUNCH</u> Braised Beef Over, Egg Noodles, French Roll, Ice Cream</p> <p><u>DINNER</u> Turkey Sandwich, Potato Salad, fruits</p>	<p>14</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, French Toast, Canned Fruit</p> <p><u>LUNCH</u> Sweet & Sour Chicken, Steamed White Rice, Vegetable Stir Fry, apple pie</p> <p><u>DINNER</u> Grilled Ham and Cheese, Potato Rounds, Rice Pudding</p>	<p>15</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Scramble Eggs w/Cheese, Crispy Bacon & Toast</p> <p><u>LUNCH</u> Escarole & White Bean Soup, Tossed, Green Salad, Lemon Pudding</p> <p><u>DINNER</u> Baked Ziti, Caesar Salad, Brownies</p>
<p>16</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Corned Beef hash, Toast</p> <p><u>LUNCH</u> Salisbury Steak w/ Gravy, Baked Potato/ Vegetable Blend, Banana Splits</p> <p><u>DINNER</u> Cheese Quesadilla, Refried Beans, Sour Cream/ Home made salsa, Cherry Turnover</p>	<p>17</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Pancakes w/ syrup</p> <p><u>LUNCH</u> Beef Tips w/ Mushroom gravy, Buttered egg noodles, Normandy vegetables, dinner roll,</p> <p><u>DINNER</u> Hearty Chicken Noodle soup, French Dinner Roll. chocolate chips cookies</p>	<p>18</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Scrambled Eggs w/ Cheese, Biscuits/Sausage, pecan pie</p> <p><u>LUNCH</u> BBQ Chicken, Broccoli, Cheese & Rice Casserole, ice cream</p> <p><u>DINNER</u> Sloppy Joes, Fries, brownies</p>	<p>19</p> <p><u>BREAKFAST</u> Hot & Cold Cereals, Quiche, Fruits</p> <p><u>LUNCH</u> Beef Stroganoff, Steamed Vegetable, chocolate mouse</p> <p><u>DINNER</u> Lasagna, Tossed, Salad, Jell-O</p>	<p>20</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Blueberry Muffin, Canned Fruits</p> <p><u>LUNCH</u> Garlic Herb Pork Loin, Pinto Beans, Corn bread, ice cream</p> <p><u>DINNER</u> Egg Salad Sandwich, Tossed, Salad w/ Dressing, tapioca pudding</p>	<p>21</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Danish Bread, Sliced Peaches</p> <p><u>LUNCH</u> Stuffed Peppers, Fresh Coleslaw, strawberry fruits</p> <p><u>DINNER</u> Corn Chowder, Grilled Cheese, lemon pudding</p>	<p>22</p> <p><u>BREAKFAST</u> Cinnamon Toast, Eggs w/ Crispy Bacon, Mandarins</p> <p><u>LUNCH</u> BBQ Chicken, Macaroni Salad, sliced peaches</p> <p><u>DINNER</u> New York Hot Dog . seasoned Fries, Caramelized Onions, sliced watermelon</p>
<p>23</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Vegetable Omelet, Pork limb, sausage, Toast</p> <p><u>LUNCH</u> English Shepherd's Pie, Strawberry Spinach Salad, canned fruits</p> <p><u>DINNER</u> Ham & Cheese Sandwich, Fries, vanilla pudding</p>	<p>24</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Scrambled Eggs, Corned beef hash, Toast</p> <p><u>LUNCH</u> Chicken Cordon Bleu, Vegetable Medley, brownies</p> <p><u>DINNER</u> Italian Sausage Spaghetti, Caesar Salad, Garlic Bread, peanut butter banana pudding</p>	<p>25</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, House Pancakes, Crispy Bacon</p> <p><u>LUNCH</u> Breaded Pork Chops, Sweet Potatoes, Garlic green beans, blueberry yogurt</p> <p><u>DINNER</u> Tomato Basil Soup, Grilled Cheese, Broccoli, Jell-O</p>	<p>26</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, French Toast, Fruits</p> <p><u>LUNCH</u> Salisbury steak, mashed potatoes, garlic green beans, peach muffins</p> <p><u>DINNER</u> Ground Turkey Enchiladas, Stir fry vegetables, poached plums</p>	<p>27</p> <p><u>BREAKFAST</u> Hot & Cold Cereal ,Chorizo w/ eggs, Toast</p> <p><u>LUNCH</u> Braised beef over, Egg noodles, Chocolate Mouse</p> <p><u>DINNER</u> Sweet Potato Dulli, Vegetarian, Quesadilla, cinnamon- stewed apple</p>	<p>28</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Blueberry Pancakes Sausage Link</p> <p><u>LUNCH</u> BBQ Pork Bowl, Vegetable Medley, cheesecake bars</p> <p><u>DINNER</u> Turkey Sandwich, Guacamole salad, tapioca pudding</p>	<p>29</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Biscuits Gravy, Crispy Bacon</p> <p><u>LUNCH</u> Braised Beef over Egg Noodles, French roll, lemon pudding</p> <p><u>DINNER</u> Tortilla Soup, Spanish Grilled Cheese sandwich, apple pie</p>
<p>30</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Potato Chorizo and Egg Torta</p> <p><u>LUNCH</u> Pineapple Ham, Scalloped Potatoes, Vegetable Medley, vanilla pudding</p> <p><u>DINNER</u> Grilled Ham & Cheese, Potato Rounds, sliced pears</p>	<p>31</p> <p><u>BREAKFAST</u> Hot & Cold Cereal, Eggs, Corned Beef Hash, Toast</p> <p><u>LUNCH</u> Stuffed Peppers, Fresh Coleslaw, Strawberry Quinoa Parfait</p> <p><u>DINNER</u> Corn Chowder, hotdog sandwich, Lemon Meringue Pie</p>					