

JANUARY 2022

*****MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS*****

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
10					11					12					13					14				
Chicken Fajitas Esquites (Mexican Corn) Steamed Green Beans					Pasta with Turkey Meat Sauce Roasted Zucchini Steamed Broccoli					Orange Chicken with Rosemary and Cous Cous Steamed Cauliflower					Brown Gravy Beef Meatballs Italian Blend Vegetables Smashed Red Potatoes					Tilapia with Lemon Dill Sauce Rice with Corn Sauteed Spinach				
17					18					19					20					21				
Chicken Marsala with Rice Pilaf Baby Carrots & Parsley					Rasta Pasta Sauce Kale and Lemon Roasted Broccoli					Brown Gravy Salisbury Steak Baked Sweet Potato Steamed Green Beans					Chicken Alfredo Penne Pasta Steamed Broccoli Steamed Cauliflower					Homemade Coconut Breaded Tilapia Cuban Black Beans Roasted Zucchini				
24					25					26					27					28				
Beef Stew with White Rice Steamed Broccoli					Jerk Chicken Baked Sweet Potato Prince Edward Blend Vegetables					Brown Gravy Turkey Meatballs Beets and Baby Carrots with Dill Garlic and Rosemary Roasted Potatoes					Maple Dijon Chicken Thighs Corn Steamed Broccoli					Teriyaki Baked Fish with Brown Rice Sauteed Spinach				
31																								
Baked Breaded Chicken Cutlet Mashed Sweet Potatoes Roasted Zucchini																								
All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).																								