Nutrition Menu
January 2019

Mon	Tue	Wed	Thu	Fri
Write your choice of menu option <u>**A or B**</u> **on sign up sheet**	**1** **CLOSED Holiday**	**2** **A– Baked Chicken** **B– Beef Patty** **Country corn** **Peas and Carrots** **Wheat bread** **Fresh fruit**	**3** **A– Veal Italiano** **B– Chicken Marsala** **Rotini noodles** **Spinach** **Bread** **Peaches**	**4** **A– Chicken Chili** **B-- Veg Chili** **Rosemary potatoes** **Carrots** **Saltine crackers** **Strawberry pudding**
7 **A– Meatballs/spag sauce** **B– Chicken Parmesan** **Spaghetti noodles** **Summer vegetables** **Wheat roll** **Pears**	**8** **A– Taco Beef** **B–Taco chicken** **Lettuce/tomato/cheese** **Mexican rice** **Refried beans** **Tortilla** **Fresh fruit**	**9** **A– Turkey/gravy** **B– Beef Patty** **Whipped Potatoes** **Brussel sprouts** **Wheat roll** **Fresh fruit**	**10** **A– Rosemary chicken** **B– Roast beef/gravy** **Roasted potatoes** **Carrots** **Bread** **Sugar cookie**	**11** **A– Ham/white beans** **B– Veg Bean stew** **Tomato spoon relish** **Garden vegetable** **Dinner roll** **Cranapple crisp**
14 **A– Swiss Beef patty** **B– Chicken/gravy** **Buttermilk Potatoes** **Green beans** **Roll** **Banana**	**15** **A– Ham Casserole** **B– Beef Patty** **Cabbage** **Zucchini/tomatoes** **Bread** **Pineapple**	**16** **A– Creole Chicken** **B– Sliced Turkey** **Mac and Cheese** **Italian Vegetables** **Wheat bread** **Fruit cocktail**	**17** **A–Glazed Ham** **B– Chicken w/gravy** **Succotash** **Glazed carrots** **Cornbread** **Fresh fruit**	**18** **A– Beef Spaghetti Casserole** **B– Spinach lasagna** **Green peas** **Texas bread** **Peach crisp**
21 **CLOSED Holiday**	**22** **A– Cranberry chicken** **B– Creole Beef Patty** **Baked sweet potato** **Broccoli** **Wheat bread** **Pears**	**23** **A– Paprika Chicken** **B– Roast beef/gravy** **Whipped Potatoes** **Orange Carrots** **Wheat Bread** **Fresh Fruit**	**24** **A– Chicken Noodle Casserole** **B– Beef Noodle Cass.** **Corn** **Green beans** **Roll** **Fresh fruit**	**25** **A– Sausage Patty** **B– Broccoli Spinach Egg Bake** **Roasted potatoes** **Biscuit** **Birthday cake**
28 **A– Veal Marsala** **B– Honey Mustard Chicken** **Whipped potato** **Green peas** **Wheat bread** **Applesauce**	**29** **A– BBQ Chicken** **B– Beef Patty** **Crispy Potatoes** **Green Beans** **Hamburger Bun** **Fresh fruit**	**30** **A– Beef Stroganoff** **B– Lemon Pepper Chicken** **Broccoli/Cauliflower** **Bread** **Peach Cobbler**	**31** **A– Pork Piccata** **B– Liver/Onions** **Whipped Potatoes** **Carrots** **Bread** **Blueberry Crumb Cake**	**Call** <u>**419-242-9511**</u> **24 hrs. in advance to make a reservation**