

**JANUARY 2018**

**M.O.W.**

**JANUARY 2018**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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**NEW YEAR CELEBRATION!**  
**Krabby Cake**  
 \* **California Blend**  
**Green Peas**  
**Rice Pilaf**  
**Tartar Sauce**  
**Pecan Cookies (Pears)**



**Veal Parmesan a la Romano & Parmesan Cheese**  
 \* **Mashed Potatoes**  
**Italian Green Beans**  
**Mixed Green Salad w/Italian Dressing**  
**Apricots**

**COLD PLATE**

^ **Thin Ham Slices**  
**Fruit Punch**  
**Pickled Beets & Onions**  
**Carrot Raisin Salad**  
**Lettuce & Tomato**  
**Mustard, Mayonnaise**  
**Rye Bread**  
 \* **Citrus Fruit**

**Orange Chicken Breast**  
**Vegetable Bean Medley**  
 \* **Red Potatoes**  
**Whole Wheat Roll w/Butter**  
**Raspberry Gelatin w/Mixed Fruit**  
**(Diet Raspberry Gelatin w/Mixed Fruit)**

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**COLD PLATE**

**Mock Crab Salad**  
**Grape Juice**  
**Garden Pea Salad**  
**4-Bean Salad**  
**French Bread**  
**Lettuce, Tomato & Onion**  
 \* **Citrus Fruit Cup**



**Meatballs w/Mushroom Gravy**  
**Capri Vegetables**  
**Buttered Noodles**  
**Mixed Green Salad w/1000 Island Dressing**  
 \* **Tangerine**

**Chicken Marsala**  
**Green Peas**  
**Italian Vegetables**  
 \* **Mashed Potatoes**  
**Roll w/Butter**  
**Fresh Fruit**



^ **Vegetarian Bean Burrito w/ Red Sauce & Cheese**  
**Mexicali Corn**  
 \* **Broccoli Florets**  
**Tossed Salad w/Ranch Dressing**  
 \* **Tropical Fruit**

**MARTIN LUTHER KING JR CELEBRATION**

^ **Southern Style Glazed Ham**  
 \* **Collard Greens w/Onions**  
 \* **Yams**  
**Corn Bread w/Butter**  
**Grandma's Peach Crisp (Peaches)**

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**MARTIN LUTHER KING JR HOLIDAY!**



**Breaded Cod**  
 \* **Cheesy Scalloped Potatoes**  
**Capri Vegetables**  
**4-Bean Salad**  
**Tartar Sauce**  
**Fresh Fruit**



**Tempting Turkey Tamale Pie w/Corn Bread Topping**  
**Pinto Beans**  
 \* **Winter Blend Vegetables**  
 \* **Mandarin Oranges**

**Ye Old Pub Cheese Burger**  
 \* **Potato Wedges**  
**Vegetable Bean Medley**  
**Lettuce, Tomato & Onion**  
**Catsup, Mustard**  
**Mayonnaise & Relish**  
**Bun**  
**Applesauce**

**Chicken White Bean Chili**  
**Apple Juice**  
 \* **California Blend**  
 \* **Steamed Spinach**  
**Roll w/Butter**  
**Pears**



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**Grilled Chicken Sandwich**  
 \* **Sweet Potato Fries**  
**Steamed Zucchini**  
**Lettuce & Pickles**  
**Mayonnaise**  
**Bun**  
**Chocolate Pudding (Applesauce)**



**Cheesy Red Lasagna w/Parmesan Cheese**  
 \* **Orange Pineapple Juice**  
**Italian Green Beans**  
**Sliced Beets**  
**Fresh Fruit**

**Sweet & Sour Pork**  
**Sweet Peas w/Onions**  
**Sliced Carrots**  
**Brown Rice**  
 \* **Cabbage Salad w/Poppy Seed Dressing**  
**Pears**

**COLD PLATE**

**Tuna Salad Sandwich**  
 \* **Orange Juice**  
**Carrot Raisin Salad**  
**Pickled Beets & Onions**  
**Lettuce & Tomato**  
**Mustard & Mayonnaise**  
**Rye Bread**  
 \* **Tropical Fruit**



**Lincoln's Log Cabin**  
**Hearty Beef Stew**  
 \* **Broccoli Florets**  
**Whole Kernel Corn**  
**Biscuit w/Butter**  
**Mixed Fruit**

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**COLD PLATE**

**Cobb Salad**  
**Fruit Punch**  
**4-Bean Salad**  
**Dinner Roll w/Butter**  
**Blue Cheese Dressing**  
 \* **Citrus Fruit**

**Beer Batter Fish**  
**Grape Juice**  
 \* **Potato Nuggets**  
**Vegetable Bean Medley**  
**Tartar Sauce, Vinegar**  
**Banana**



**Swedish Meatballs**  
 \* **Stewed Tomatoes**  
**Rice Pilaf**  
**Mixed Green Salad w/Ranch Dressing**  
**Apricots**

^ = Item is higher in sodium  
 \* = Vitamin C  
 \_ = Vitamin A  
 ( ) = Dessert of Choice  
 All meals served w/low fat milk

