











Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 NEW YEAR CELEBRATION! Krabby Cake * <u>California Blend</u> Green Peas Rice Pilaf Pears 	3 Veal Parmesan a la Romano & Parmesan Cheese * Mashed Potatoes Italian Green Beans Mixed Green Salad w/Dressing <u>Apricots</u>	4 COLD PLATE Thin LS Turkey Slices Fruit Punch Marinated Beets & Onions <u>Carrot Raisin Salad</u> Lettuce & Tomato Mustard, Mayonnaise Rye Bread * Citrus Fruit	5 Orange Chicken Breast <u>Vegetable Bean Medley</u> * Red Potatoes Whole Wheat Roll w/Butter Diet Raspberry Gelatin w/Mixed Fruit
8 COLD PLATE Mock Crab Salad Grape Juice Garden Pea Salad 4-Bean Salad French Bread Lettuce, Tomato & Onion * Citrus Fruit Cup 	9 Meatballs w/Mushroom Gravy <u>Capri Vegetables</u> Buttered Noodles Mixed Green Salad w/Dressing * Tangerine	10 Chicken Marsala Green Peas <u>Italian Vegetables</u> * Mashed Potatoes Roll w/Butter Fresh Fruit 	11 ^ Vegetarian Bean Burrito w/ Red Sauce & Cheese Mexicali Corn * <u>Broccoli Florets</u> Tossed Salad w/Dressing * Tropical Fruit	12 MARTIN LUTHER KING JR CELEBRATION Glazed Pork * <u>Collard Greens w/Onions</u> * Yams Dinner Roll w/Butter Peaches
15 MARTIN LUTHER KING JR HOLIDAY! 	16 Oven Baked Fish w/Lemon Sauce * Cheesy Scalloped Potatoes <u>Capri Vegetables</u> 4-Bean Salad Fresh Fruit 	17 Tempting Turkey Tamale Pie w/Corn Bread Topping Pinto Beans * Winter Blend Vegetables * Mandarin Oranges	18 Ye Old Pub Cheese Burger * Potato Wedges <u>Vegetable Bean Medley</u> Lettuce, Tomato & Onion Catsup, Mustard Mayonnaise Bun Applesauce	19 Chicken White Bean Chili Apple Juice * <u>California Blend</u> * <u>Steamed Spinach</u> Roll w/Butter Pears 
22 Grilled Chicken Sandwich * <u>Sweet Potato Fries</u> Steamed Zucchini Lettuce & Pickles Mayonnaise Bun Chocolate Pudding (Applesauce) 	23 Cheesy Red Lasagna w/Parmesan Cheese * Orange Pineapple Juice Italian Green Beans Sliced Beets Fresh Fruit	24 Sweet & Sour Pork Sweet Peas w/Onions <u>Sliced Carrots</u> Brown Rice * Cabbage Salad w/Poppy Seed Dressing Pears	25 COLD PLATE Tuna Salad Sandwich * Orange Juice <u>Carrot Raisin Salad</u> Marinated Beets & Onions Lettuce & Tomato Mustard & Mayonnaise Rye Bread * Tropical Fruit 	26 Lincoln's Log Cabin Hearty Beef Stew * <u>Broccoli Florets</u> Whole Kernel Corn Whole Grain Roll w/Butter Mixed Fruit
29 COLD PLATE Cobb Salad Fruit Punch 4-Bean Salad Dinner Roll w/Butter Dressing * Citrus Fruit	30 Beer Batter Fish Grape Juice * Potato Nuggets <u>Vegetable Bean Medley</u> Vinegar Banana 	31 Swedish Meatballs * Stewed Tomatoes Rice Pilaf Mixed Green Salad w/Dressing <u>Apricots</u>	^ = Item is higher in sodium * = Vitamin C _ = Vitamin A () = Dessert of Choice All meals served w/low fat mill	

