



**\$3.00 Suggested Donation**

# January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Thank you for your donations! Your donations help keep the program going.</b>  <i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i></p>	<p><b>1</b> <u><b>CLOSED</b></u></p> 	<p><b>2</b> Pasta &amp; Bean Soup  <b>Chicken Leg Quarter</b>            Baked Potato w/Sour Cream            California Blend Vegetables            Diced Pears            Oatmeal Bread  <i>(Egg Salad on Oatmeal Bread)</i></p>	<p><b>3</b> Venus de Milo Soup  <b>Pork Loin w/applesauce</b>            Corn Bread Stuffing            Mixed Vegetables            Pineapple Chunks            Rye Bread  <i>(Italian Tuna on Rye)</i></p>	<p><b>4</b> Clear Chowder  <b>Seafood Newburg</b>            Seasoned Brown Rice            Capri Blend Vegetables            Ice Cream            Wheat Dinner Roll  <i>(Pastrami &amp; Swiss on a Roll)</i></p>
<p><b>7</b> 100% Juice  <b>Scrambled Eggs</b>            1 Stuffed Pancake w/Syrup            Sausage Patty/ Tomato Slice            Greek Yogurt  <i>(Tuna Salad on a Roll w/Side Salad)</i></p>	<p><b>8</b> Lentil Soup  <b>Veal w/Mushroom Gravy</b>            Mashed Potatoes            Roasted Brussel Sprouts            Fresh Fruit            Marble Bread  <i>(Corned Beef &amp; Swiss on Marble)</i></p>	<p><b>9</b> Chicken Soup w/Anci de pepe  <b>Kielbasa w/Mustard</b>            Boiled Potatoes            Carrot &amp; Cabbage Mix            Jello            Wheat Bread  <i>(Sliced Chicken w/Cheese on Wheat)</i></p>	<p><b>10</b> Beef Barley Soup  <b>Chicken Marsala</b>            Rice Pilaf            Broccoli Cuts            Diced Peaches            Dinner roll  <i>(Shrimp Salad on a Roll)</i></p>	<p><b>11</b> Red Chowder  <b>Beer Battered Fish/Tartar</b>            O'Brien Potato            Three Bean Salad            Granola Bar            Rye Bread  <i>(Ham &amp; Swiss on Rye)</i></p>
<p><b>14</b> Split Pea Soup  <b>Baked Ham w/Glaze</b>            Sweet Potatoes            Roasted Zucchini            Fruit Cocktail            Multi Grain Bread  <i>(Turkey Salad on Multi Grain)</i></p>	<p><b>15</b> Egg Drop Soup  <b>Seafood Chow Mein</b>            Noodles            Asian Blend Vegetables            Peanut Butter Cookies            Wheat Bread  <i>(Egg Salad on Wheat)</i></p>	<p><b>16</b> Minestrone Soup  <b>Italian Style Chicken Cutlet</b>            Whole Grain Pesto Pasta            Spinach w/Garlic            Tapioca Pudding            Sliced Italian Bread  <i>(Bologna w/Mustard on Italian)</i></p>	<p><b>17</b> <u><b>Happy Birthday</b></u>            Onion Soup w/CROUTONS  <b>Shepherds Pie w/Ketchup</b>            Prince Edwards Vegetables            Frosted Cupcake            Garlic Roll  <i>(Tomato/Mozz. On a Roll)</i></p>	<p><b>18</b> Italian Wedding Soup  <b>Pot Roast w/Gravy</b>            Garlic Mashed Potatoes            Asparagus            Fresh Fruit            9-Grain Bread  <i>(Seafood Salad on 9-Grain)</i></p>
<p><b>21</b> <u><b>CLOSED</b></u>  <i>Martin Luther King Jr. Day</i></p> 	<p><b>22</b> Chili Soup  <b>Turkey w/Gravy</b>            Stuffing            Roasted Brussels Sprouts            Vanilla Pudding            Wheat Bread  <i>(Honey Ham on Wheat)</i></p>	<p><b>23</b> Tomato &amp; Brown Rice Soup  <b>Italian Sausage</b>            Peppers &amp; Onions            Oven Roasted Sliced Potatoes            Apricot Half            Multi Grain Bread  <i>(Hot Dog on a Roll)</i></p>	<p><b>24</b> Chicken Escarole Soup  <b>Chicken Fried Steak w/ Country Gravy</b>            Whipped Potatoes            Baby Whole Carrots            Fresh Fruit Rye Bread  <i>(Tuna on Rye)</i></p>	<p><b>25</b> Shrimp &amp; Corn Bisque  <b>Pub Burger w/Mushroom Gravy</b>            Rice Pilaf            Capri Blend Vegetables            Lorna Dunes Wheat Bread  <i>(Egg Salad on /Wheat)</i></p>
<p><b>28</b> Chicken Soup w/Orzo  <b>Meatloaf w/Gravy</b>            Mashed Potatoes            Mixed Vegetables            Sliced Peaches            Oatmeal Bread  <i>(Chicken Salad on Oatmeal)</i></p>	<p><b>29</b> Garden Salad w/Dressing  <b>Chicken a la King</b>            Roasted Zucchini            Biscuit            Cookies            Whole Wheat Dinner Roll  <i>(Salami &amp; Cheese on Wheat)</i></p>	<p><b>30</b> Kale &amp; Bean Soup  <b>American Chop Suey</b>            Whole Wheat Elbow Pasta            Broccoli Cuts            Butterscotch Pudding            Rye Bread  <i>(Ham Salad on Rye)</i></p>	<p><b>31</b> Vegetable Soup  <b>Florentine Fish</b>            Wild Rice            Sliced Carrots            Fresh Fruit            12-Grain Bread  <i>(Meatloaf on 12-Grain Bread)</i></p>	<p><u>Salad of the Month</u>            Tuna-Tomato-Cucumbers-CROUTONS-Lettuce Bed            Italian Dressing            Begins Monday Jan. 7</p>