

January 2022

Sara care/just friends

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Oven Fried Chicken Thigh 3oz 1 grain Whipped Sweet Potatoes 1/2 cup Chopped Collard Greens 1/2 cup Diced Pears 1/2 cup Wheat bread 1 slice Milk 8oz</p>	<p>4 Indiana Style 1 cup Chili Mac Mixed Vegetables 1/2 cup Applesauce 1/2 cup Corn Bread 2 each Milk 8oz</p>	<p>5 Country Fried Steak 3oz w/Gravy Spinach 1/2 cup Baked Potato 1/2 cup w/Smart Balance Tropical Fruit 1/2 cup Milk 8oz</p>	<p>6 Grilled Chicken 3oz w/Salsa &amp; Cheese Black Beans 1/2 cup Diced Carrots 1/2 cup Corn Muffin 2 each Mandarin Oranges 1/2 cup Milk 8oz</p>	<p>7 Sloppy Joe 1/2 cup Roasted Potatoes 1/2 cup Brussels Sprouts w/Onions 1/2 cup Hamburger Bun 1 each Pineapple 1/2 cup Milk 8oz</p>
<p>10 Salisbury steak 1 each Mac &amp; Cheese 1/2 cup Festive Green Beans 1/2 cup Diced Pears 1/2 cup Wheat Bun 1 each Milk 8oz</p>	<p>11 Braised Beef Over Egg Noodles 8oz/1 grain Mixed Greens 1/2 cup Diced Carrots 1/2 cup Wheat Roll 1 each Applesauce 1/2 cup Milk 8oz</p>	<p>12 Pollock Amandine 3 oz Spinach 1/2 cup Scalloped Potatoes 1/2 cup Diced Peaches 1/2 cup Wheat Bread Milk 8oz</p>	<p>13 Pot Roast w/Gravy Broccoli 1/2 cup Mashed Potatoes 1/2 cup Wheat Bread Orange Juice 1/2 cup Milk 8oz</p>	<p>14 Vegetable Lasagna 2oz Diced Carrots 1/2 cup Lima Beans 1/2 cup Wheat Dinner Roll 1 each Pineapple 1/2 cup Milk 8oz</p>
<p>17- Happy Martin Luther King Jr. Day! Chicken &amp; White 1 cup Bean Chili Corn 1/2 cup Brussels Sprouts 1/2 cup Corn Bread Mixed Fruit 1/2 cup Milk 8oz</p>	<p>18 Pot Roast 2oz w/Gravy Key West Blend 1/2 cup Mashed Potatoes 1/2 cup Wheat Bread 2 each Strawberry Apple sauce 1/2 cup Milk 8oz</p>	<p>19 Spaghetti/meatballs 2 oz/1 grain Parmesan Cheese California Veg Blend 1/2 cup Italian Cut Green Beans 1/2 cup Mandarin Orange 1/2 cup Wheat bread 1 slice Milk 8oz</p>	<p>20 Beef Stew 1 cup(2 oz) Cut Corn 1/2 cup Turnip Greens 1/2 cup Wheat Bread 2 each Diced Peaches 1/2 cup Milk 8oz</p>	<p>21 Southwest Omelet 3 oz w/Cheese &amp; Salsa Shredded Wheat 1 cup Hash Browns 1/2 cup Mixed Fruit Cup 1/2 cup Milk 8oz</p>
<p>24 Chicken Parmesan 3 oz Key West Blend 1/2 cup Mashed Potatoes 1/2 cup Wheat Bread 1 slice Stewed Apples w/Cherries &amp; Almonds 1/2 cup Milk 8oz</p>	<p>25 Breakfast Bagel 2g w/ Sausage Egg 2 oz &amp; Cheese Roasted Sweet 1/2 cup Potatoes Sliced Apples 1/2 cup Milk 8oz</p>	<p>26 Country Ham &amp; Beans 1 cup Diced Carrots 1/2 cup Diced Beets 1/2 cup Corn Bread 2 each Diced Peaches 1/2 cup Milk 8oz</p>	<p>27 Chicken &amp; Noodles 1 cup Rosemary Potatoes 1/2 cup Broccoli 1/2 cup Wheat Dinner 1 each Roll Diced Pears 1/2 cup Milk 8oz</p>	<p>28 Potato Pollock 3 oz Tartar Sauce Peas &amp; Corn 1/2 cup Collard Greens 1/2 cup Wheat Bread 1 each Tropical Fruit 1/2 cup Milk 8oz</p>
<p>31 Meatloaf w/Gravy 2 oz Brussels sprouts 1/2 cup Mashed Potatoes 1/2 cup Mandarin Oranges 1/2 cup Wheat bread 2 slices Birthday Cake Milk 8oz</p>				

**chef for hire**  home delivered meals

\*Menus are subject to change based on product availability.