




SAMPLE MENU

JANUARY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Nutrition Facts</u> <u>Serving Size - Average</u> <u>Daily Meal</u> Calories 650 Total Fat 19g 29% Cholesterol 90mg 30% Sodium 700 mg 29% Total Carb. 90g 30% Dietary Fiber 7g 30% Protein 33g</p>	<p>*Percent Daily Vaules are based on a 2,000 calorie diet.</p>			<p>1</p> <p>CLOSED</p> 
<p>4</p> <p>Swedish Meatballs Buttered Noodles Brussel Sprouts Multi Grain Bread Apricots</p>	<p>WINTER BBQ 5</p> <p>BBQ Chicken Leg Parsley Boiled Potatoes Mexican Corn Whole Wheat Bread Ice Cream*</p>	<p>CONG. ONLY 6</p> <p>Cream of Broccoli Soup Crackers Cong. Pickled Beets Fish w/Tartar sauce HB - Zucchini/Tomatoes Whole Wheat Bread Fruit Cup</p>	<p>7</p> <p>Sliced Roast Beef W/Gravy Whipped Potatoes Scandinavian Bl. Veg. Rye Bread Assorted Pudding w/Topping*</p>	<p>8</p> <p>Stuffed Shells Cut Green Beans Juice Warm Garlic Bread Sliced Peaches</p>
<p>11</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Red Cabbage Whole Wheat Bread Lemon Mousse*</p>	<p>12</p> <p>Chicken Ala King Diced Carrots Warm Biscuit Pineapple Tidbits</p>	<p>13</p> <p>Chili Waxed Beans Juice Warm Corn Bread Fresh Fruit</p>	<p>14</p> <p>Sliced Ham w/Orange Sauce Au Gratin Potatoes Hubbard Squash Rye Bread Peach Cobbler</p>	<p>15</p> <p>Macaroni & Cheese Stewed Tomatoes Seasoned Spinach Whole Wheat bread Fruit Cocktail</p>
<p>18</p> <p>CLOSED</p> <p>MARTIN LUTHER KING DAY</p>	<p>19</p> <p>Meatloaf w/Gravy Mashed Potatoes Harvard Beets Rye Bread Chocolate Pudding w/Topping*</p>	<p>20</p> <p>Sliced Turkey w/Gravy Cranberry Sauce Sweet Potatoes Buttered Peas Whole Wheat Bread Tropical Fruit Cup</p>	<p>21</p> <p>Mushroom Stew Seasoned Noodles Broccoli Fruit Juice Multi Grain Bread Cookie*</p>	<p>22</p> <p>Liver w/Onions Scalloped Potatoes Mixed Vegetables Whole Wheat Bread Fresh Fruit</p>
<p>25</p> <p>Meatballs w/Sauce Pasta w/Sauce Seasoned Spinach Warm Garlic Bread Ice Cream*</p>	<p>26</p> <p>Chicken Breast w/Gravy Rice Pilaf Green Beans Whole Wheat Bread Diced Rosey Pears</p>	<p>Happy Birthday 27</p> <p>Tasty Sloppy Joe Tater Tots Brussel Sprouts Hamburg Roll Dutch Apple Cake*</p>	<p>28</p> <p>Sausage Links Scrambled Eggs Tater Tots Whole Wheat Bread Warm Peaches</p>	<p>29</p> <p>Sliced Pork w/Gravy Mashed Potatoes Winter Blend Vegetables Fancy Dinner Roll Cinnamon Chunky Applesauce</p>


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Salisbury Steak Mashed Potatoes Spinach Wheat Bread Mandarin Oranges	3 Stuffed Shells/ With Sauce Mexican Corn Broccoli It Bread Pears	4 Yankee Pot Roast Boiled Potatoes Carrots Dinner Roll Yogurt	5 Chicken Pot Pie Green Beans Warm Spiced Peaches	6 Mrs. Friday's Fish Home Fries Chick Peas and Tomatoes Warm Fruit Crisp Rye Bread
9 Chicken Supreme Mashed Pot Scandinavian Veg Wheat Bread Fresh Apple	10 Cream of Squash Soup Tuna Salad Rye Bread Carrot Raisin Salad Fruit Salad Orange, Grapfruit, Grape	11  Veterans Day	12 Beef Tips w/mushrooms And Onions Rice Spinach It Bread Fruited Gelatin	13 Mac and Cheese Stewed Tomatoes Broccoli Corn Bread Cookie
16 Meatloaf Buttered noodles Sliced beets Wheat bread Mandarin oranges	17 It Baked Chicken Garlic and red roasted pepper Penne It Green Beans It Bread Strawberries	18 Open Face Roast Beef Sandwich Oven Brownd Potato Wedges Capri Blend Fruit Cocktail	19 Hot Dog on a bun Baked Beans Sauerkraut Mustard Fresh Orange	20 Thanksgiving Roasted Turkey Cranberry Sauce Mashed Potatoes Stuffing Peas and Pearl onions Dinner roll Pumpkin pie
23 Ham w/mustard sauce Sweet potatoes Cauliflower Rye bread applesauce	24 Beef stew Biscuit Green beans banana	25 Ziti with Italian Sausage It Blend Veg Garlic bread cookie	26 Thanksgiving Holiday	27 Closed
30 Chicken Parm Pasta Corn It Bread Pears		 HAPPY THANKSGIVING		
SAMPLE MENU				



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FEBRUARY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti w/Meatballs Spinach Fruit Juice Italian Bread Vanilla Pudding w/Oranges*	2 Beef Stroganoff Rice Broccoli Whole Wheat Bread Rosey Pears	3 Ham w/Orange Sauce Au Gratin Potatoes Carrots Rye Bread Chilled Pineapple	4 Goulash Italian Blend Veggies Apple Juice Garlic Bread Cookie*	5 Fresh Baked Chicken w/Gravy Mashed Potatoes Zucc/Yellow Squash Rye Bread Chocolate Pudding w/Topping*
<u>Join us for Brunch</u> 8 Sausage Links Scrambles Eggs Ketchup Warm Peaches/Pears Juice Warm Fruit Muffin	9 Salisbury Steak w/Gravy Whipped Potatoes Harvard Beets Rye Bread Rice Pudding w/Cinnamon*	10 Roast Pork w/Gravy Apple Sauce Stuffing Red Cabbage Whole Wheat Bread Chocolate Chip Cookie*	<u>Valentine's Day</u> 11 Sweet Heart Chicken w/Supreme Sauce Heavenly Sw. Potatoes Cupid's Gr. Beans w/Red Peppers Fancy Dinner Roll Cherry Cake w/Pink Frosting*	12 Rib B Que Red Bliss Potatoes Seasoned Diced Carrots Whole Wheat Bread Fruit Cup
15 Meatloaf w/Gravy Scalloped Potatoes Beets Multi Grain Bread Butterscotch Pudding*	16 Roast Turkey w/Gravy Whipped Potatoes Brussel Spouts Whole Wheat Bread Cranberry Apple Dessert	<u>Ash Wednesday</u> 17 Baked Fish Tartar Sauce Rice Pilaf Peas Rye Bread Sliced Peaches w/Strawberries	18 Kielbasa w/Sauerkraut Mustard Boiled Potatoes Green Beans Multi Grain Bread Cookie*	19 Macaroni & Cheese Stewed Tomatoes Carrots Whole Wheat Bread Fruit Crisp w/Topping
22 Italian Sausage w/Peppers/Onions Seasoned Pasta Italian Blend Vegetables Italian Bread Fruit Cup	23 Fiesta Burger Parsley Potatoes Diced Carrots Hamburg Roll Ice Cream*	24 BBQ Chicken Sweet Potatoes Mixed Vegetables Dinner Roll Lemon Pudding w/Topping*	25 Roast Beef w/Gravy Mashed Potatoes Succotash Rye Bread Tropical Fruit	26 Oven Brown Fish Tartar Sauce Oven Brown Potatoes Broccoli Whole Wheat Bread Apricots
			<u>Nutrition Facts</u> <u>Serving Size -</u> <u>Average Daily Meal</u> Calories 690 Total Fat 19g 30% Cholesterol 95mg 31% Sodium 800 mg 33% Total Carb. 83gm 28% Dietary Fiber 6 gm 26% Protein 42g	* Percent Daily Values are based on a 2,000 calorie diet.