

Monday	Tuesday	Wednesday	Thursday	Friday
 All meals served with Iced Tea or Lemonade and Fresh Baked Rolls unless otherwise indicated. For NCS Diets-Fresh Fruit, ½ portion regular dessert or sugar free cookie/pudding is offered. For no added salt diets- Table salt is not available		1 Chicken Fried Steak Mashed Potatoes Carrot Cascade Green Salad Fresh Baked Cookie	2 Garlic Herb Chicken Au Gratin Potatoes Scandinavian Vegetables Spinach Salad Pistachio Fluff	3 Baked Fish Macaroni and Cheese Broccoli Caesar Salad Apple Pie
6 Swedish Meatballs Rice Pilaf California Vegetables Garden Salad Banana Pudding	National Alfredo Day 7 Chicken Alfredo Italian Flat Cut Beans Garlic Bread Caesar Salad Peach Cobbler	8 Salisbury Steak Au Gratin Potatoes Garden Vegetables Green Salad Ambrosia	National Pizza Day 9 Pizza Pasta Salad Breadstick Spring Salad Fresh Baked Cookie	Super Bowl Day 10 Cheeseburger French Fries Peas & Carrots Coleslaw Birthday Cake
13 Chicken Quesadilla Mexican Rice Black Beans Green Salad Apple Dump Cake	Valentine's Day 14 Salmon Scalloped Potatoes Scandinavian Vegetables Spinach Salad Valentine Dessert	15 BBQ Chicken Baked Potato Broccoli Coleslaw Brownie	16 Lasagna Italian Flat Cut Beans Garlic Bread Garden Salad Chocolate Pudding	17 King Ranch Chicken Roasted Rosemary Potatoes Green Beans Spring Salad Strawberry Parfait
20 Meatloaf Mashed Potatoes/ Gravy Mixed Vegetables Caesar Salad Orange Fluff	"Mardi Gras" 21 Chicken Gumbo Carrot Cascade Corn Bread Coleslaw King Cake	22 Tomato Basil Soup Grilled Cheese Sandwich Baked Chips Green Salad Cherry Cobbler	National Chili Day 23 Chili Baked Potato California Vegetables Garden Salad Fresh Baked Cookie	24 Chicken Tenders Sweet Potato Fries Green Beans Spinach Salad Ambrosia
27 Smothered Chicken Roasted Potatoes Broccoli Green Salad Pound Cake with Topping	Taste of Africa 28 Moroccan Fish Saffron Rice Mixed Vegetables Cole Slaw Brownie			

Menus approved by: Julie Pan

Date: 1/25/2023