

Neighborhood House 309-674-1131

# JANUARY 2022

(Meals are subject to change)

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

<p><b>Milk is included in all meals</b></p> <p><b>Meal Components</b></p> <ul style="list-style-type: none"> <li>• <b>3 oz. serving meat /protein</b></li> <li>• <b>1 1/2 cups vegetable and/or fruit</b></li> <li>• <b>2 servings grain</b></li> <li>• <b>8oz low fat milk</b></li> </ul> <p><b>Guests/Private Pay \$5.00</b></p> <p><b>Recommended Donation for Home Delivery &amp; Congregate Programs \$3.00</b></p>	<p>3</p> <p>Hamburger Patty Carrots Cauliflower WG Bun Apple</p>	<p>4</p> <p>Lemon Chicken Broccoli Beets WG Bread Pears</p>	<p>5</p> <p>Hot Dog Baked Beans Mixed Vegetables WG Bun Peaches</p>	<p>6</p> <p>Egg Omelets French toast Stewed Tomatoes Peas Applesauce</p>	<p>7</p> <p>Ham &amp; Beans Corn Bread Green Beans Pineapple</p>	<p><b>Tremont</b></p> <p><b>Hopedale</b> <b>309-410-1605</b></p> <p><b>Pekin</b></p> <p><b>Washington Heartland Apt.</b></p> <p><b>*** Cold Meal will be delivered 1/14</b></p> <p><b>Lettuce Salad/ Diced Ham Tomatoes/cheese/ onion/ Craisins Tropical Fruit Hawaiian Roll</b></p>
	<p>10</p> <p>Pulled Pork Broccoli Mixed Vegetables WG Bun Orange</p>	<p>11</p> <p>Chicken Tacos Lettuce /Tomato/Cheese Black Beans Corn WG Tortilla Pears</p>	<p>12</p> <p>Sloppy joe Cauliflower Beets WG Bun Peaches</p>	<p>13</p> <p>Fish Patty Peas Carrots WG Bun Tropical Fruit</p>	<p>14</p> <p>Chicken Nuggets Mashed potatoes/Gravy Green Beans Hot Cin. apples</p>	
	<p>17</p> <p>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING BIRTHDAY</p>	<p>18</p> <p>Chicken Parmesan Cauliflower Peas WG Bread Apple</p>	<p>19</p> <p>B.B.Q. Meatball Broccoli Carrots WG Bun Pears</p>	<p>20</p> <p>Chicken Patty Mixed Vegetables Beets WG Bun Pineapple</p>	<p>21</p> <p>Beef Stroganoff WG Noodles Green Beans Corn Peaches</p>	
	<p>24</p> <p>Pork Riblet Green Beans Beets WG Bun Orange</p>	<p>25</p> <p>Beef Tacos Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Tropical Fruit</p>	<p>26</p> <p>B.B.Q. Chicken Broccoli Carrots WG Bread Peaches</p>	<p>27</p> <p>Sausage Patty English Muffin Hominy Stewed tomatoes Applesauce</p>	<p>28</p> <p>Chicken Tenders Mashed Potatoes/Gravy Mixed Vegetables Pears</p>	
	<p>31</p> <p>Pork Tenderloin Yams Green Beans WG Bun Apple</p>					