

JANUARY 2024

(Meals are subject to change)

	Mon	Tue	Wed	Thu	Fri	
<p>Milk is included in all meals</p> <p>Meal Components</p> <ul style="list-style-type: none"> • 3 oz. serving meat /protein • 1 1/2 cups vegetable and/or fruit • 2 servings grain • 8oz low fat milk <p>Guests/Private Pay \$7.00</p> <p>Recommended Donation for Home Delivery & Congregate Programs \$3.00</p>	<p>1</p> <p>CLOSED HAPPY NEW YEAR!!</p>	<p>2</p> <p>Lemon Chicken Green Beans Beets WG Roll Orange</p>	<p>3</p> <p>Hot Dog Baked Beans Corn WG Bun Peaches</p>	<p>4</p> <p>Cheese Omelet French Toast Stewed Tomatoes Broccoli Applesauce</p>	<p>5</p> <p>Fish Patty Carrots Peas WG Bun Banana</p>	<p>Tremont</p> <p>Hopedale</p> <p>Pekin</p> <p>Washington Heartland Apt.</p>
	<p>8</p> <p>Hamburger Patty Green beans Cauliflower WG bun Apple</p>	<p>9</p> <p>Chicken Parmesan Corn Beets WG Roll Pineapple</p>	<p>10</p> <p>B.B.Q. Meatballs Carrots Lima beans WG Bun Peaches</p>	<p>11</p> <p>Pulled Pork Sweet Potatoes Peas WG Bun Mandarin Oranges</p>	<p>12</p> <p>Chicken Nuggets Mixed Vegetables Broccoli Hot Cin. Apples</p>	<p>*** Cold Meal will Be delivered 12/29</p>
	<p>15</p> <p>CLOSED MARTIN LUTHER KING JR DAY</p>	<p>16</p> <p>Beef Tenderloin Green beans Cauliflower WG Bun Orange</p>	<p>17</p> <p>Pork Riblet Sweet Potatoes Corn WG Bun Pineapple</p>	<p>18</p> <p>Sausage Patty English muffin Stewed Tomatoes Peas Applesauce</p>	<p>19</p> <p>Chicken Tenders Mashed Potatoes/Gravy Carrots Banana</p>	<p>Mixed Lettuce Diced Han Shredded Cheese Tomato/Onion/craisin/WG Roll Mandarin Oranges</p>
	<p>22</p> <p>Meatball Marinara Broccoli Beets WG Bun Apple</p>	<p>23</p> <p>Chicken Taco Lettuce/Tomato/Cheese Black Beans Corn WG Tortilla Peaches</p>	<p>24</p> <p>Pork Tenderloin Lima Beans Carrots WG Bun Pineapple</p>	<p>25</p> <p>Sloppy joe Green Beans Cauliflower WG Bun Mandarin oranges</p>	<p>26</p> <p>Shrimp & Grits Peas Mixed Vegetables WG Roll Banana</p>	<p>*** Cold Meal Will Be delivered 1/12</p>
	<p>29</p> <p>Chicken Patty Green beans Carrots WG Bun Orange</p>	<p>30</p> <p>Beef Taco Lettuce/Tomato/Cheese Refried Beans Corn WG Tortilla Pineapple</p>	<p>31</p> <p>B.B. Q. Chicken Broccoli Beets WG Roll Peaches</p>			<p>Fresh Spinach Diced Chicken Shredded Cheese Tomato/Onion/Craisin/WG Roll Mandarin Oranges</p>