

JANUARY MEAL CALENDAR 2023

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER IS CLOSED FOR NEW YEAR'S DAY OBSERVED	3 Turkey Sausage Patty Waffles Bran Cereal Fruit, Juice and Milk	4 Home Fries Shakshuka Plain Pita Fruit, Juice and Milk	5 Cinnamon French Toast Pork Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	6 Western Frittata English Muffin, WW Oatmeal 1 cup Fruit, Juice and Milk
9 Pancakes Turkey Bacon Oatmeal 1 cup Fruit, Juice and Milk	10 Home Fries Scrambled Eggs with Swiss WW Bread Fruit, Juice and Milk	11 Farmers Market Individual Omelets Mini Croissant Bran Cereal Fruit, Juice and Milk	12 Pork Sausage Link Waffles Toasted Oats Cereal Fruit, Juice and Milk	13 Grilled Mozzarella and Tomato Whole Wheat Sandwich Bran Flakes Cereal Fruit, Juice and Milk
16 CENTER IS CLOSED FOR MARTIN LUTHER KING JR. DAY	17 Pancakes Pork Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	18 Salmon Egg Frittata with Potatoes and Peas Mini Whole Wheat Bagel Toasted Oats Cereal Fruit, Juice and Milk	19 Plain French Toast) Turkey Bacon Farina Fruit, Juice and Milk	20 Cheese Blintzes Turkey Bacon Strips Oatmeal 1/2 cup Pineapple Waldorf Salad Fruit, Juice and Milk
23 Ham and Cheese Frittata Mini Croissant Oatmeal 1/2 cup Fruit, Juice and Milk	24 Turkey Bacon Waffles Pre-Prepared 2 Oatmeal 1/2 cup Fruit, Juice and Milk	25 Eggs Benedict Home Fries with Peppers and Onions Bran Cereal Fruit, Juice and Milk	26 Pancakes Pork Sausage Link Bran Flakes Cereal Fruit, Juice and Milk	27 Hard Boiled Egg Mini Croissant Turkey Bacon Fruit, Juice and Milk
30 Home Fries Scrambled Eggs with Swiss Oatmeal 1/2 cup Whole Wheat Bread Fruit, Juice and Milk	31 Grilled Mozzarella and Tomato Whole Wheat Sandwich Bran Flakes Cereal Fruit, Juice and Milk	In Person Breakfast Monday – Friday 9:00 AM – 10:00 AM 2nd FL. Dining Room Seating starts @8:30AM. Last ticket sold @9:55AM to sit down and eat. Everyone must finish eating by 10:30AM*		

JANUARY MEAL CALENDAR 2023

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CENTER IS CLOSED FOR NEW YEAR'S DAY OBSERVED	3 Lentil Soup Chicken Breast with Fresh Tomato and Feta Plain Pita Baked Potato Wedges Beet Salad with Yogurt Dressing Fruit and Milk	4 Hamburgers Whole Wheat Hamburger Bun Health Slaw Potato Salad (Pre-prepared) Fruit and Milk	5 Egg Drop Soup Sweet and Sour Pork Chop Rice with Vegetables Broccoli with Toasted Garlic Fruit and Milk	6 Salmon in Garlic Butter Sauce WW Dinner Roll Potato Pancake Peas and Carrots Applesauce Milk
9 Glazed Honey Balsamic Chicken WW Dinner Roll Cauliflower and Potato Mash Mixed Vegetables Fruit and Milk	10 Mushroom Barley Soup Baked Pork Chops WW Dinner Roll Garlic and Rosemary Roasted Potatoes Applesauce Milk	11 California Veggie Burger Lettuce and Tomato WW Hamburger Bun Mixed Green Salad Sweet Potato Fries Fruit and Milk	12 White Bean Soup Meat Sauce Garlic Bread Penne (1/2 cup) Arugula Salad with Balsamic Vinaigrette Fruit and Milk	13 Sweet Potato Coconut Curry Fish Brown Rice with Pigeon Peas Sautéed String Beans Fruit and Milk
16 CENTER IS CLOSED FOR MARTIN LUTHER KING JR. DAY	17 BBQ Pulled Pork Whole Wheat Hamburger Bun Cabbage Carrot Slaw Roasted Potatoes Ambrosia Fruit Salad Milk	18 Minestrone Soup Cheese Manicotti Garlic Bread Arugula Salad with Balsamic Vinaigrette Sautéed Green Beans with Onions Fruit and Milk	19 Beef Meatloaf WW Dinner Roll Mashed Sweet Potatoes Steamed Cauliflower Fruit and Milk	20 SPECIAL LUNCHMENU FOR LUNAR NEW YEAR *Advance ticket purchases will not be necessary.
23 Veggie Burger WW Hamburger Bun Beet, Arugula, and Feta Salad Warm Potato Salad Fruit and Milk	24 Egg Drop Soup Garlic Beef Meatballs Yellow Rice Asian Cabbage with Eggs Fruit and Milk	25 Split Pea Soup Pork Roast with Mango Chutney Black Beans and Rice Yellow Plantains Fruit and Milk	26 Chicken Chasseur Whole Wheat Pasta with Mashed Potatoes Baby Spinach Salad with Lemon Vinaigrette Fruit and Milk	27 Apricot Glazed Salmon Brown Rice Beet Salad with Yogurt Dressing Fruit and Milk
30 Lentil Soup Fillet of Fish WW Hamburger Bun Mixed Green Salad Sweet Potato Fries Fruit and Milk	31 Spanish Style Baked Fish Spanish Rice Steamed Yellow Squash Fruit and Milk	In Person Lunch Monday – Friday 12:00 PM – 1:00 PM 2nd FL. Dining Room Seating starts @11:30AM. Last ticket sold @12:55PM to sit down and eat. Everyone must finish eating by 1:30 PM*		