



JANUARY 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEKDAY HOURS: Breakfast: 0600 - 0930 Lunch: 1100 – 1330 Dinner: 1630 – 1830		LUNCH 01 7 Bean Soup Mushroom Soup Shrimp Scampi Beef Tenderloin DINNER Pork & Grn Pep Stir Fry	LUNCH 02 Vegetable Soup Beef Barley Soup Beef Lasagna Hawaiian Chicken DINNER Lemon Baked Fish	LUNCH 03 Tom w/Rst Pep Soup Chick Thai Curry Soup Chinese Spare Ribs Chick Stir-Fry & Veg DINNER Roast Beef	LUNCH 04 Vegetable Soup Clam Chowder Salmon Ribeye Steak DINNER Chicken ala King	LUNCH 05 Tomato Soup Baked Chicken Chili Mac
LUNCH 06 Chick Thai Curry Soup Sweet & Sour Pork Beef & Broccoli wk 2	LUNCH 07 Gumbo Vegetarian Chili Meatloaf Catfish DINNER Beef Stew	LUNCH 08 Vegetable Soup 7 Bean Soup Pork Loin Irish Chicken DINNER Roast Turkey	LUNCH 09 Vegetable Soup Turkey Veg. Soup Spaghetti w/Meat Sauce Savory Baked Chicken DINNER Stuffed Salmon	LUNCH 10 Tomato Soup Chicken Tortilla Soup Shred Pork Beef Enchiladas DINNER Cornish Hen	LUNCH 11 Vegetable Soup Clam Chowder Flank Steak Stuffed Salmon DINNER Grilled Pork Chops	LUNCH 12 Tomato Soup Beef Stew Chick Noodle Casserole
LUNCH 13 Chicken Noodle Soup Grilled Chicken BBQ Ribs wk 1	LUNCH 14 Harvest Grain Soup Montreal Pollock Pork Loin DINNER Beef and Broccoli	LUNCH 15 Butternut Squash Soup Roast Turkey Spiral Cut Ham DINNER Cajun Catfish	LUNCH 16 Corn Chowder Spaghetti w/Meat Sauce Chicken Alfredo DINNER Polish Hot Link	LUNCH 17 Mediterranean Soup Sauerbraten Jagerschnitzel DINNER Chicken Enchilada	LUNCH 18 Clam Chowder Shrimp on the Bar-Bee Ribeye Steak DINNER Seasoned Trout	LUNCH 19 Minestrone Soup Baked Chicken Chili Mac
LUNCH 20 Chicken Noodle Soup Grilled Pork Chops Beef Stew wk 2	LUNCH 21 Baked Potato Soup Meatloaf Fried Chicken DINNER Grilled Pork Chops	LUNCH 22 Chicken & Rice Soup Asian Ginger Catfish Sweet & Sour Pork DINNER Chicken & Rice Casserole	LUNCH 23 Beef and Barley Soup Chicken Parmesan Beef Lasagna DINNER Hot Roast Beef Sandwich	LUNCH 24 Chicken Enchilada Soup Chimichanga w/Chili Soft Taco (chick/beef) DINNER Irish Chicken	LUNCH 25 Clam Chowder Flank Steak Rosemary Salmon DINNER Beef Stroganoff	LUNCH 26 Minestrone Soup Spaghetti Casserole Cornish Hens
LUNCH 27 Chicken Noodle Soup Grilled Chicken BBQ Ribs wk 1	LUNCH 28 Harvest Grain Soup Montreal Pollock Pork Loin DINNER Beef and Broccoli	LUNCH 29 Butternut Squash Soup Roast Turkey Spiral Cut Ham DINNER Cajun Catfish	LUNCH 30 African American Heritage Meal DINNER Polish Hot Link	LUNCH 31 Mediterranean Soup Sauerbraten Jagerschnitzel DINNER Chicken Enchilada		

****MENU SUBJECT TO CHANGE****