



# JANUARY | 2023

## Main Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Homestyle Goulash Garlic Bread Brussel Sprouts Wax Beans Fresh Fruit 6	<b>3</b> Chicken Diane White Rice Succotash Beets Applesauce 4	<b>4</b> Quiche Red Roasted Potatoes Cauliflower Side Salad Apricots Muffin/Margarine 6	<b>5</b> Cabbage Rolls Au Gratin Potatoes Peas & Carrots Mandarin Oranges Wheat Roll/Margarine 6	<b>6</b> Sliced Ham Sweet Potatoes Peas Pineapple Tidbits Banana Pudding 7
<b>9</b> Chili Con Carne Crackers Wax Beans Peas Tropical Fruit 5	<b>10</b> Pork Chop Suey Rice Broccoli Winter Squash Ambrosia Wheat Bread/Margarine 7	<b>11</b> Chicken Cavatappi Garlic Bread Lima Beans Side Salad Applesauce 6	<b>12</b> Roast Beef Mashed Potatoes Cali Blend Veggies Green Beans Fruited Yogurt Wheat Roll/Margarine 6	<b>13</b> Garlic & Herb Tilapia Parsley Noodles Corn Coleslaw Peaches 5
<b>16</b> <b>AGEWELL CLOSED</b>	<b>17</b> Spaghetti & Meat Sauce Garlic Bread Brussel Sprouts Carrots Fruited Jell-O 6	<b>18</b> Chicken Marsala Brown Rice Euro Blend Zucchini Fresh Fruit 4	<b>19</b> Swedish Meatballs Noodles Spinach Pineapple tidbits Bread Pudding 7	<b>20</b> Scalloped Potatoes and Ham Mixed Veggies Fruit Cobbler Fruited Yogurt 8
<b>23</b> Homemade Mac N' Cheese Side Salad Asparagus Beets Pears 5	<b>24</b> Walking Taco Mexican Rice Corn W/Peppers Fresh Fruit 7	<b>25</b> Turkey & Gravy Cornbread Stuffing Green Beans Cali Blend Cranberry Sauce Wheat Roll/Margarine 7	<b>26</b> Meatloaf Mashed Potatoes & Gravy Peas Normandy Blend Peaches Birthday Cake 5	<b>27</b> Crispy Baked Chicken Red Roasted Potatoes Sautéed Cabbage Applesauce Corn Muffin/Margarine 5
<b>30</b> Stuffed Chicken Rice Pilaf Asparagus Carrots Fresh Fruit 5	<b>31</b> Salisbury Steak/Gravy Mashed Potatoes Peas Fruited Cobbler Fruit Cocktail 8	<b>1</b>	<b>2</b>	<b>3</b> *** 1 carb count = 15g of carbohydrates

**Menu includes  
Low Fat Milk**

**Meals include 1/3  
of the Recommended Daily  
Allowance (RDA)**

**Meals Subject  
to Change**

**1-16 AgeWell Closed**

**1-26 Birthday Celebration**



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