

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Jan	3-Jan	4-Jan	5-Jan	6-Jan	7-Jan	8-Jan
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Stir Fry Chicken w/Brocc Teriyaki Steak Lyonnais Rice Roasted Pepper Potatoes Roasted Cauliflower French Style Green Beans	Grilled Pork Chops Harvest Vegetable & Bean Rice Pilaf Baked Sweet Potato Sautéed Collard Greens Vegetable Medley	Chicken Cordon Bleu Lemon Pepper Catfish Baked Mac and Cheese Rice w/Parmesan Calico Corn Glazed Carrots	Stir Fried Veggies w/Tofu Teriyaki Chicken Garlic & Soy Roasted Pot Steamed Rice Green Bean Sesame Glaze Carrots	Braised Beef and Noodles Southern Fried Catfish Red Beans & Rice Mashed Potatoes Corn Spinach	Baked Salmon German Chicken Schnitzel Buttered Parsley Potatoes Brown Rice w/Tomatoes Brussel Sprouts Mixed Vegetables	Beef Ball Stroganoff Oven Fried Fish Hopping John Rice Cottage Fried Potatoes Peas and Carrots Fried Cauliflower
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Chicken Ala King Pasta Primavera O'Brien Potatoes Quinoa Southwest Pilaf Hacienda Corn & BB Roasted Zucc, Sq, & Tom	Spaghetti w/ Turkey Hot Italian Sausage Long Grain & Wild Rice Italian Style Baked Beans Succotash Sautéed Peppers & Onions	Baked Baja Cod Pasta Provençal Scalloped Potatoes Islander Rice Broccoli Combo Corn Calico	Salmon w/Maple Glaze Chinese Five-Spice Chicken Brown Rice Potatoes & Herbs Summer Squash Tempura Vegetable	Pasta Toscano Cantonese Spareribs Crispy Potato Wedges Brown Rice Green Beans w/Mushrooms Broccoli	Shrimp Scampi Hot & Spicy Chicken Baked Potato Halves Steamed Rice Grilled Asparagus Cauliflower Parmesan	Lemon Basil Pasta Honey Glazed Cornish Hen Garlic Mashed Potatoes Lyonnais Rice Garlic Sautéed Spinach Corn Calico
<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>
Stir Fry Chicken w/Brocc	Grilled Pork Chops	Yankee Pot Roast	Teriyaki Chicken	Braised Beef and Noodles	Baked Salmon	Oven Fried Fish
9-Jan	10-Jan	11-Jan	12-Jan	13-Jan	14-Jan	15-Jan
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Hamburger Yakisoba French Fried Shrimp Steamed Rice Roasted Pepper Potatoes Roasted Zucchini, Sq, Tom Succotash	Caribbean Catfish Jerk Roast Turkey Steamed Rice Mashed Potatoes Roasted Butternut Squash French Style Green Beans	Meat Loaf Baked Chicken Baked Mac & Cheese Mashed Potatoes Sautéed Mushroom/Onion Carrots	Lemon Basil Shrimp Pasta Mediterranean Quinoa Cake Roasted Redskin Potatoes Barley Pilaf Mediterranean Lima Beans Greek Style Vegetables	BBQ Brisket Southern Fried Chicken Sweet Potatoes SS Spicy Brown Rice Pilaf SS Collard Greens Corn	Savory Baked Chicken Grilled Salmon w/Citrus Savory Style beans Oven Brown Potatoes Carrots on the Griddle Broccoli	Fried Shrimp Ziti w/Meat Sauce Buttered Parsly Potatoes Harvest Blend Rice Herbed Green Beans Zucchini & Squash Gratin
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Beef Stew Herbed Baked Chicken Roasted Rosemary Potato Steamed Rice Broccoli Combo Olive-Oil Braised Carrots	SW Sweet Pot BB & Corn Chicken Parmesan Rice Pilaf Scalloped Potatoes Peas Cauliflower	Turkey Lentil Chili Southwestern Fish Mexican Rice Refried Beans w/Cheese Hacienda Green Beans Mexican Corn	Greek Lemon Turkey Pasta Mediterranean Salmon Roasted Pepper Potatoes Brown Rice Green Beans w/Feta Grilled Asparagus	Crispy Oven Baked Chicken Parmesan Crusted Cod Steamed Rice Baked Sweet Potato Carrots Corn Combo	Oven Fried Fish Baked Florentine Turkey Brown Rice w/Veg Sicilian Mashed Potatoes Mixed Vegetables Green Beans w/Mushroom	Cheese Manicotti Mediterranean Salmon Cilantro Lime Brown Rice Lyonnais Potatoes Succotash Glazed Carrots
<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>
Hamburger Yakisoba	Caribbean Catfish	Meat Loaf	Lemon Basil Shrimp Pasta	Southern Fried Chicken	Savory Baked Chicken	Ziti w/Meat Sauce

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16-Jan	17-Jan	18-Jan	19-Jan	20-Jan	21-Jan	22-Jan
<i>Lunch</i>	<i>MLK HOLIDAY MEAL</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Chicken Parmesan Shrimp Scampi Boston Baked Beans Buttered Egg Noodles Peas w/Mush & Onions Cauliflower Combo	Braised Spareribs Southern Fried Catfish Baked Potato Baked Mac & Cheese Corn on the Cobb SS Collard Greens	Pepper Steak Tuna Noodles Southwestern Rice Roasted Redskin Potatoes Mexican Corn Sauteed Mushroom/Onion	Beef Brogul Jager Schnitzel Rice Pilaf Hot German Potato Salad Sauerkraut Broccoli Polonaise	Mambo Pork Roast Marinated Tom w/Penne Islander Rice O'Brien Potatoes Curried Cauliflower Roasted Butternut Squash Chicken & Waffles	Chicken Fajita Quinoa Swiss Steak w/Gravy Brown Rice w/Tomatoes Simmered Pinto Bean Peas Succotash	Shrimp Chop Suey Honey Sriracha Chicken Steamed Rice Baked Potato Oriental Stir Fry Cabbage Corn Combo
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Chili Mac Lemon Pepper Catfish Simmered Pinto Beans Hopping John Rice Zucchini Fritters Broccoli	Turkey Nuggets Almond Crusted Cod Long Grain & Wild Rice Oven Browned Potatoes Country Style Vegetables Roasted Cauliflower	Sweet Spicy Salmon Cheese Tortellini Brown Rice Cottage Fried Potatoes Peas and Carrots Summer Squash	Cranberry Glazed Chicken Beef Pot Pie Lyonnaise Potatoes Buttered Egg Noodles Savory Summer Squash French Style Peas	BBQ Beef Cubes Chicken Enchiladas Baked Mac and Cheese Steamed Rice Grilled Asparagus Broccoli Combo	Lasagna Italian Broccoli Pasta Harvest Blend Rice Franconia Potatoes Scalloped Corn Herbed Green Beans	Jamaican Chicken Salisbury Grilled Salmon Baked Beans Fried Okra Peas w/Mush & Onions Sesame Glaze Green Beans
<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>
Chicken and Dumplings	Chicken Cordon Bleu	Tuna Noodles	Caribbean Catfish	Mambo Pork Roast	Chicken Fajita Quinoa	Honey Sriracha Chicken
23-Jan	24-Jan	25-Jan	26-Jan	27-Jan	28-Jan	29-Jan
<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
Turkey Ala King Cheese Tortellini Spinach & Tom Orzo Parmesan Rice Broccoli Mixed Vegetables	Pork Adobo Pepper Steak Filipino Rice Oven Browned Potatoes Corn Calico Spinach	Turkey Breast Fillet Pasta Provencal Mashed Potatoes Jefferson Noodles Cauliflower Carrots	Egg Drop Soup Mongolian BBQ Asian Barbeque Turkey Garlic & Soy Roasted Pot Brown Rice Broccoli Mixed Vegetables Egg Rolls	Baked Dijon Pork Chops Spinach Lasagna Italian Syle Baked Beans Barley w/Winter Veggies Cauliflower Scalloped Corn	Pollock w/Parmesan Roast Turkey Corn Bread Dressing Baked Sweet Potato Corn O'Brien Peas and Carrots	Baked Chicken SW Shrimp Linguine Sicilian Brown Rice w/Veg Garlic Mashed Potatoes Herbed Green Beans Sweet Potatoes SS
<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>
Swedish Meatballs Steak Smothered in Onion Rissolle Potatoes Oriental Rice Roasted Zuc, Sq, & Tom Cauliflower Combo	Savory Baked Chicken Country Style Fried Steak Long Grain & Wild Rice Glazed Sweet Potatoes Roasted Brussel Sprouts Corn	Baja Fish Tacos Baked Mexican Chicken Spanish Rice Hacienda Potatoes Cauliflower Combo Mediterranean Lima Beans	Shrimp Jambalaya Simmered Beef Dirty Rice Roasted Pepper Potato Cajun Style Vegetables Green Beans	Baked Salmon Bourbon Beef & Noodles Crispy Potato Wedges Steamed Rice Savory Summer Squash Mixed Vegetables	Turkey & Spinach Meatloaf Crispy Baked Chicken Orzo w/Lemon & Herbs Rosemary Potato Wedges Carrots w/Rosemary Roasted Butternut Squash	Salisbury Steak Cheese Manicotti Scalloped Potatoes Boston Baked Beans Collard Greens Scalloped Corn
<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>	<i>Mids</i>
Almond Crusted Cod	Pork Adobo	Turkey Breast Fillet	Cajun Meatloaf	Baked Dijon Pork Chops	Stuffed Green Peppers	Baked Chicken