

January 2022 Seniors' CHOICE menu

	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
BOX					
LUNCH	Steak Hoagie w/ Gravy - 9302 (ch b) pork cutlet w/ gravy ch7034 Potato Wedges Baked Beans Hoagie Bun Fresh Orange Diet: same	Spaghetti & Meatballs - 9035 w/ Marinara & Parmesan (ch b) turkey tetrazzini ch7062 Italian Vegetables Spinach / Vinegar Peaches Diet: same	Lemon Pepper Fish - 9033 w/ Tartar Sauce (ch b) chicken tenders ch7009 Brown Rice Scandinavian Veggies (2 servings) Wheat Bread / Margarine Grape Juice 100% Diet: same	Hamburger - 9071 (ch b) sliced deli ham ch7005 w/ Swiss American Cheese slice Potato Wedges Broccoli Bun Pineapple Tidbits Mustard / Ketchup Diet: same	Chicken and Brown Rice w/ Gravy - 9023 (ch b) beef & rice w/gravy ch7041 Broccoli Diced Carrots Wheat Bread (2 slices) Margarine Mandarin Oranges Diet: same
WEEK					
4		National Spaghetti Day			
BOX	10	11	12	13	14
LUNCH	Pork Cutlet w/Gravy - 9003 (ch b) chicken w/gravy ch7008 Green Beans Beets Wheat Bread / Margarine Oatmeal Cookie Pears Diet: same	Chicken Alfredo over Spaghetti - 9065 (ch b) salmon croquette ch7050 Broccoli Carrots Baked Cinnamon Apples 1 Wheat Bread / Margarine (ch b only) Diet: same	Fish Sticks w/ Tartar Sauce - 9028 (ch b) macaroni & cheese ch7065 Peas Potato Wedges Wheat Bread (2 slices) Margarine Cranberry Juice Diet: same	Swiss Steak - 9088 w/ Tomatoes, Peppers, Onions (ch b) cheese omelet - ch7066 Carrots O'Brien Potatoes Wheat Bread (2 slices) Margarine Pineapple-Orange Juice 100% Diet: same	Cinci-Style Chili - 9112 w/ Spaghetti (ch b) roast beef w/gravy ch7025 Kidney Beans Broccoli Strawberry Applesauce Cheddar Cheese (ch A only) Oyster Crackers (ch A only) 2 Wheat Bread / Margarine (ch b only) Diet: same
WEEK					
5					
BOX	17	18	19	20	21
LUNCH	Turkey Tetrazzini - 9036 w/ Peas and Mushrooms (ch b) veggie tetrazzini ch7056 (not a vegetarian meal) Brussel Sprouts Baked Cinnamon Apples Diet: same	Smoked Turkey Sausage w/ Sauerkraut - 9054 (ch b) meatloaf w/ gravy ch7015 Mashed Potatoes Green Beans Rye Bread (2 pcs) Fruit Cocktail Mustard / Ketchup Diet: same	Beef & Noodles - 9008 (ch b) chicken & noodles ch7037 w/ Gravy Green Beans Carrots Pineapple Tidbits Diet: same	Hawaiian Pineapple Ham - 9094 (ch b) pineapple topped chicken ch7013 Whipped Sweet Potatoes Peas Wheat Bread (2 slices) Margarine Apple Juice 100% Diet: same	Salisbury Steak w/Gravy - 9029 (ch b) baked fish ch7048 Whipped Sweet Potatoes Mixed Vegetables Dinner Roll / Margarine Sponge Cake Fruit Punch 100% Diet: same
WEEK					
6					Happy January Birthday!
BOX	24	25	26	27	28
LUNCH	Broccoli Cheddar Chicken - 9031 (ch b) cheesy beef & broccoli ch7042 Brown Rice Oregon Vegetables Corn Animal Crackers Pears Diet: same	Swedish Meatballs - 9053 (ch b) chicken & gravy ch7037 Egg Noodles Broccoli Carrots Fruit Cocktail Diet: same	Country Fried Steak w/Gravy - 9063 (ch b) roast pork loin w/ gravy Potato Wedges Green Beans Wheat Bread (2 slices) Margarine Peaches Diet: same	turkey Ham & Beans - 9063 (ch b) chicken stew ch7023 Mixed Vegetables (2 servings) Cornbread Chocolate Cake Mandarin Oranges Diet: same	Chicken & Potato Casserole - 9315 (ch b) roast beef & gravy ch7025 Broccoli (2 servings) Wheat Bread / Margarine Chocolate Chip Cookie Applesauce Diet: same
WEEK				National Chocolate Cake Day	
7					
BOX	31				
LUNCH	Meatloaf w/ Gravy - 9072 (ch b) roast turkey w/ gravy ch7003 Mashed Potatoes Carrots Wheat Bread (2 slices) Margarine Cinnamon Applesauce Diet: same	 Complete meal consists of: 3 oz. Protein, 2 servings of Vegetables (1/2 cup ea.), 1 serving of Fruit (1/2 cup) or Juice (4 oz.), 2 servings of Bread/Starch, and 8 oz. Milk (1/2 pint)			
WEEK					
1					