


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Martin Luther King, Jr. January 21</p>	<p>1 Diced Chicken/ Pesto Sauce Fettuccini Green Peas Tuscan Veggies Broccoli Cheese Soup Muffin Margarine Fresh Fruit Raisins Milk</p>	<p>2 Stuffed Salmon/ Garlic Herb Sauce Butternut Squash Edamame Greek Pastitsio Mixed Veggies Spinach Salad/Drsg. Gelatin <u>(LS/DB – Diet Gelatin)</u> Pineapple Tidbits Fresh Fruit/ Milk</p>	<p>3 BBQ Pork Rib Patty Sweet Potatoes Succotash</p> <p>Albondigas Soup Corn Bread Margarine Cilantro Coleslaw Fruit Juice Fresh Fruit/ Milk</p>	<p>4 Salisbury Steak Brown Gravy Whipped Potatoes Collard Greens Capri Veg. Blend</p> <p>Chicken Noodle Soup Cracker <u>(Ls/Db Unsalted)</u> Tropical Fruit Fresh Fruit Milk</p>	<p>5 Baked Cod Loin/ Vera Cruz Sauce Herbed Rice Green Peas WK Corn</p> <p>Egg Patty Sausage Patty Swiss Cheese English Muffin Prunes Fresh Fruit/Milk</p>	<p>6 Chicken Enchiladas Ranch Beans Summer Veggie Blend Beef Curry Brown Rice Garden Veg. Bld. Wheat Roll Margarine Fruit Juice Fresh Fruit/ Milk</p>
<p>7 Cheese Tortellini/ Rstd Tom cilantro Sauce Capri Veggie Blend Swiss Chard</p> <p>Cannellini Bean Cacciatore WK Corn Broccoli Fresh Fruit Prunes Milk</p>	<p>8 Corned Beef Cabbage Parslied Potatoes Diced Carrots</p> <p>Chicken Veg. Orzo Soup Muffin/ Margarine Vanilla Pudding <u>(LS/DB – diet Pudding)</u> Fruit Juice Fresh Fruit Milk</p>	<p>9 Chicken Shawarma Creamy Yogurt Sce O'Brien Potatoes Garden Veg. Bld</p> <p>Scrambled Eggs Waffle/ Syrup <u>LS/DB – diet syrup</u> Fruit Cocktail Pita Bread Margarine Tom. Cucum. Sld. Fresh Fruit Milk</p>	<p>10 Potato Crusted Pollock Couscous WK Corn Brussels Sprouts</p> <p>Veg. Frittata Tropical Fruit</p> <p>Cilantro Coleslaw Fresh Fruit Tartar Sauce Milk</p>	<p>11 Pork Adobo Brown Rice Green Peas Asian Veggie Blend</p> <p>Tortellini Tom. Spinach Soup Swt Pot Oat Muffin Margarine Raisins Fresh Fruit Milk</p>	<p>12 Baked Chicken/ Mediterranean Sce Quinoa Spinach</p> <p>Cheese Ravioli/ Vera Cruz Sauce Mixed Veggies Wheat Roll Margarine Pineapple Tidbits Fresh Fruit Milk</p>	<p>13 Hawaiian Beef Meatballs Brown Rice Broccoli Capri Veg. Blend</p> <p>Moroccan Chicken Stew WK Corn</p> <p>Tropical Fruit Fresh Fruit Milk</p>
<p>14 Holiday Delivery Egg Patty Veggie Sausage Patty English Muffin</p>	<p>15 WW Spaghetti with Meat Sauce WK Corn Capri Veg. Blend</p>	<p>16 Chicken/ Pollock Paella Succotash</p>	<p>17 Baked Chicken Breast/Jerk Sce. Cheesy Rice Mixed Vegetables</p>	<p>18 Beef Burgundy Oven Rst Medley Potatoes Green Beans</p>	<p>19 Baked Chicken Breast/Garlic Herb Sweet Potatoes Green Peas</p>	<p>20 LS Turkey Breast/ Poultry Gravy Yukon Potatoes Garden Veggie</p>

<p>Collard Greens 14 Monday Minestrone Soup</p> <p>Crackers <i>(Ls/Db: Unsalted)</i> Carrot Raisin Salad Fruit Juice Fresh Fruit/ Milk</p>	<p>15 Tuesday Chicken Chilaquilles Fiesta Veggie Blend</p> <p>Tropical Fruit Fresh Fruit Milk</p>	<p>16 Wednesday Veg. Frittata O'Brien Potatoes Pineapple Tidbits</p> <p>Wheat Roll Margarine Cucumber Salad Fresh Fruit Milk</p>	<p>Beef Barley Soup 17 Thursday Crackers (Ls/Db: Unsalted) Tossed Salad/Drsg Orange Gelatin <i>Ls/Db Diet Gelatin</i> Raisins Fresh Fruit/ Milk</p>	<p>18 Friday Pork/ Zesty Orange Sauce WG Spaghetti Broccoli</p> <p>Swt Pot Oat Muffin Margarine Fresh Fruit Tropical Fruit/ Milk</p>	<p>19 Saturday Meatloaf/ Gravy Brown Rice Green Beans</p> <p>Cornbread Margarine Fresh Fruit Fruit Juice Milk</p>	<p>Blend 20 Sunday Carne Asada Brown Rice Mixed Veggies Tortilla Corn O'Brien Sld Fruit Juice Fresh Fruit/ Milk</p>
<p>21 Martin Luther King Holiday Cheese Enchiladas/ Ranchero Sauce Italian Veg. Blend Macaroni & Cheese Broccoli</p> <p>Raisins Fresh Fruit Milk</p>	<p>22 Bourbon BBQ Beef Sweet Potatoes Green Beans Scrambled Eggs Pancakes / Syrup <i>(Ls/Db Diet Syrup)</i> Peaches Tossed Salad/Drsg Margarine Fresh Fruit Vanilla Pudding <i>Db/Ls- diet Pudding</i> Milk</p>	<p>23 Flounder/Lemon Caper Sauce Couscous Green Peas Country Veg. Blend</p> <p>Kale Soup (Turkey Ham)</p> <p>Swt Pot Oat Muffin Margarine Coleslaw Fruit Juice Fresh Fruit/ Milk</p>	<p>24 Cuban Veggie Patty Plantains Mixed Veggies</p> <p>Beef Brisket/ Ginger/Pineapple Sauce Brown Rice Green Peas Braised Balsamic Cabbage Pineapple Tidbits Fresh Fruit/ Milk</p>	<p>25 Tandoori Chicken Curried Lentils Ca. Veggie Blend</p> <p>Chili con Carne Cornbread</p> <p>Carrot Raisin Salad Crackers Fresh Fruit Fruit Juice Milk</p>	<p>26 Pork Chili Verde Brown Rice Green Peas Diced Carrots</p> <p>Mushroom Omelet O'Brien Potatoes Tropical Fruit</p> <p>Fresh Fruit Milk</p>	<p>27 Thai Chicken Curry Jasmine Rice Broccoli & Caulif</p> <p>Stuffed Pepper WK Corn</p> <p>Tropical Fruit Fresh Fruit Milk</p>
<p>28 Vegetable Frittata Curried Lentils Capri Veg. Blend</p> <p>Veggie Burger Mushroom Gravy O'Brien Potatoes Spinach</p> <p>Gelatin <i>(Db/Ls – diet gel.)</i> Raisins Fresh Fruit/ Milk</p>	<p>29 Chicken A La King Egg Noodles WK Corn Broccoli</p> <p>Italian Bean soup</p> <p>Muffin Margarine Fruit Juice Fresh Fruit Milk</p>	<p>30 Guatemalan Beef Stew Brown Rice Ca. Veg. Blend</p> <p>Scrambled Eggs Waffles Tropical Fruit Margarine Pancake Syrup <i>(Ls/Db-Diet syrup)</i> Tossed Salad /Drsg Fresh Fruit/ Milk</p>	<p>31 Baked Chicken Thigh/Honey Bal Vinegar Sce. O'Brien Potatoes Spinach</p> <p>Breakfast Burrito/ Shredded Cheese WK Corn</p> <p>Sliced Apples Fresh Fruit Milk</p>	 <p>A colorful, bubbly graphic that says "Happy New Year!" in various colors (blue, red, purple, yellow) with confetti and streamers around it.</p>		