

January

RETIREMENT COMMUNITY

HOURS

Lunch 11:30am - 12:30pm
Supper 4:30 - 5:30pm

Meals \$9

All meals are
subject to change



For meal delivery, call ext. 100
by 11am. For weekend meal delivery,
call before the previous Friday.



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Beef Pot Roast Mashed Potatoes · Gravy Honey Glazed Carrots Bread · Banana Cream Pie	4	Baked Chicken Breast Long Grain & Wild Rice White Sauce · Key Largo Veg Roll · Honey Bun Cake	5	Swiss Steak · Mashed Potatoes · Gravy Green Beans · Bread Caramel Brownie	6	Onion Sage Chicken Baked Sweet Potato Buttered Peas · Bread Pear Spice Upside Down Cake	7	Braised Pork Roast · Gravy Roasted Red Potatoes Cauliflower Au Gratin Glazed Applesauce Cake	8	Salisbury Steak with Gravy Mashed Potatoes · Gravy Peaches · Green Beans Bread · Snickerdoodle Cookies	9	Cheese Tortellini with Alfredo Sauce · Sautéed Zucchini & Squash · Garlic Bread · Frosted Spice Cake	10
Garden Salad Minestrone Soup Egg Salad Sandwich Sherbet		Philly Cheesesteak Sandwich with Onions and Peppers Potato Wedges · Mixed Veg Oatmeal Cookies		Ham and Cheese Sandwich Macaroni Salad Broccoli Salad · Grapes Frosted Oreo Cake		Beef Chili Roasted Carrots Cornbread Ice Cream Sandwich		Club Sandwich Pasta Salad Ranch Vegetable Salad Cantaloupe		Chicken Soft Tacos Mexican Rice Buttered Corn Mexican Wedding Cake		Bratwurst Oven Roasted Potatoes California Blend Vegetables Applesauce · Ice Cream	
Country Fried Steak Mashed Potatoes Green Beans with Bacon & Onion · Lemon Cream Pie	11	Teriyaki Glazed Pork Loin Lemon Rice Pilaf Asian Vegetables · Mandarin Oranges · Apple Crisp	12	Shepherds Pie Key Largo Vegetables Bread Banana Cake	13	Chicken Breast · Broccoli and Cheese Rice Bake Roasted Carrots and Onions Roll · Hummingbird Cake	14	Beef Stroganoff over Noodles · Brussels Sprouts Fruit Cocktail · Bread Boston Cream Pie	15	Reuben Sandwich Steak Fries Normandy Blend Vegetables Autumn Fruit Crumble	16	Honey Glazed Ham Scalloped Potatoes Roasted Broccoli Frosted Marble Cake	17
Garden Salad Beef Vegetable Soup Tuna Salad Sandwich Pistachio Pudding Cake		Chicken Tenders Mashed Potatoes · Gravy Buttered Corn Butterscotch Pudding		Penne Italian Sausage Bake Italian Vegetable Blend Cottage Cheese · Garlic Toast Sugar Cookies		Hamburger or Cheeseburger Fried Potatoes and Onions Seasoned Green Peas Frosted Brownie		Chili Dog Sweet Potato Fries Mixed Vegetables · Grapes Chocolate Chip Cookies		Beer Battered Cod O'Brien Potatoes Green Beans Pumpkin Bar		California Cobb Salad Breadstick Cantaloupe Sherbet	
Fried Chicken Mashed Potatoes · Gravy Green Beans · Coleslaw Biscuit · Apple Pie	18	Beef Ravioli with Sauce Italian Blend Vegetables Cottage Cheese · Breadstick Italian Cream Cake	19	Chicken Teriyaki Fried Rice · Asian Veg Vegetable Egg Roll Mandarin Orange Cake	20	Grilled Cheese Sandwich Tomato Soup Peaches Peanut Butter Crisp Rice Bar	21	Creamy Mushroom Chicken · Baked Potato Normandy Blend Veg · Roll Dices Pears · Cheesecake	22	Salmon · Long Grain and Wild Rice · Roasted Sweet Potatoes with Root Veg and Kale Bread · Glazed Lemon Cake	23	Swedish Meatballs Buttered Egg Noodles Corn · Roll Black Forest Cake	24
Garden Salad Ham & Beans Steamed Carrots · Cornbread Brownie		Fish Sandwich French Fries · Coleslaw Mixed Veg · Caramel Apple Oatmeal Cookies		Sloppy Joe Homemade Chips · Ranch Dip Capri Veg Blend · Grapes Ice Cream		Mini Corn Dogs Sweet Potato Waffle Cut Fries Buttered Peas Chocolate Pudding		Polish Sausage Steak Fries · Malibu Blend Veg · Applesauce Coconut Cream Pie		Broccoli Cheese Soup Greek Salad Breadstick Snickerdoodle Cookies		BBQ Pork Riblette O'Brien Potatoes Green Beans Apricot Crumble	
Baked Ham Au Gratin Potatoes Normandy Blend Veg · Bread Cherry Pie	25	Braised Beef Tips Baked Potato Key Largo Veg Roll · Carrot Cake	26	Brown Sugar Pork Chops Orzo with Vegetables Steamed Carrots · Applesauce Bread · Pumpkin Mousse	27	Southwestern Roasted Pork Loin · Gravy · Red Potatoes · Spinach Bake Bread Pudding with Caramel	28	Herbed Roasted Chicken Thigh · Baked Potato Malibu Blend Veg · Roll Cherry Cheesecake	29	Baked Cod with Dill and Lemon · Lemon Rice Pilaf · Roasted Butternut Squash · Roll · Lemon Bar	30	Beef Pot Roast · Carrots, Potatoes, and Onions Green Beans · Bread Coconut Cake	31
Spinach Tortellini Soup Classic Deli Sandwich Ranch Vegetable Salad Banana Pudding		Garden Salad Chicken and Dumplings Roasted Brussels Sprouts Peanut Butter Cookies		Beef Soft Tacos · Corn Chips Roasted Corn and Black Beans Mandarin Oranges Churros		Roast Beef Sandwich Curly Fries Mixed Vegetables Ice Cream		Ham Salad Sandwich Potato Chips Pea Salad Sherbet		Lasagna Roasted Broccoli Garden Salad · Garlic Toast Chocolate Chip Cookies		Chicken Sandwich Fried Potatoes & Onions Capri Veg Blend · Grapes Ice Cream Fudge Bar	