


January

Sat 01/01/2022	Sun 01/02/2022	Mon 01/03/2022	Tue 01/04/2022	Wed 01/05/2022	Thu 01/06/2022	Fri 01/07/2022
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Donut Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Fried Egg Bacon or Sausage Coffee Cake Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Sausage Gravy Biscuit Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Breakfast Muffin Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Biscuit Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Fried Egg Bacon or Sausage Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage French Toast Margarine/Syrup Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Fried Chicken Mashed Potatoes & Gravy Green Bean Almondine ***** Smothered Pork Chop Rice Pilaf Roasted Baby Carrots & Onions (A) Pie of the Day Beverage	Spaghetti with Meat Sauce Italian Blend Vegetables (A) Italian Tossed Salad ***** Country Ham Steak Baked Potato with Sour Cream Five Way Mixed Vegetables (A) Apple Crisp (FR) Beverage	Autumn Pork Roast (Apple Glaze) Mashed Sweet Potatoes (A) Seasoned Spinach (A) ***** Baked Chicken Scalloped Potatoes Broccoli with Cheese Sauce (A) Iced Raisin Bars Beverage	Sweet & Sour Chicken Steamed Rice Oriental Vegetables ***** Penne Italian Sausage Bake Green Beans with Onions Mandarin Orange Cake 	Bacon Wrapped Beef Roasted Redskin Potatoes Fried Cabbage ***** Chicken Broccoli Rice Casserole Italian Chopped Salad Cranberry Fluff (FR) Dinner Roll/Margarine Beverage	Shrimp Alfredo w/Linguine Buttered Peas Tossed Salad/Dressing ***** Beef Steak w/ Mushrooms & Onions Au Gratin Potatoes Buttered Carrots (A) Banana Cream Pie Beverage	Herb Roasted Chicken Corn Casserole Steamed Broccoli (A) ***** BBQ Glazed Meatloaf Baby Bakers Potatoes Creamed Spinach (A) Frosted Spice Cake Dinner Roll/Margarine Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Bean Soup Grilled Ham & Cheese Sandwich Potato Chips ***** Beef & Macaroni Bake Buttered Peas Fresh Fruit Cup Bread/Margarine Milk/Beverage	Herb Baked Fish Tartar Sauce Cheesy Rice Buttered Carrots (A) ***** Grilled Chicken Breast Sandwich Sweet Potato Puffs (A) Frosted Chocolate Cake Milk/Beverage	Cream of Broccoli Soup Patty Melt Crinkle Cut French Fries ***** Homemade Turkey Pot Pie Ranch Vegetable Salad (A) Dinner Roll/Margarine Fruited Gelatin with Topping (FR) Milk/Beverage	Cheesy Ham & Hashbrown Casserole Broccoli Slaw (A) Cornbread/Margarine ***** Fish Sandwich on Bun Tartar Sauce Buttered Peas & Carrots (A) Homemade Potato Salad Strawberries & Bananas	Homemade Cream of Tomato Soup Bacon Grilled Cheese Sandwich Tater Tots ***** Breaded Chicken Tenders Cheesy Mashed Potatoes Side Salad w/Dressing Ice Cream Sundae Ketchup/Mustard	Baked Beef Stew w/Biscuit Topping Harvard Beet Salad ***** Stuffed Tomato w/ Tuna Salad Five Way Mixed Vegetables (A) Cheese Herb Biscuit Tropical Fruit Milk/Beverage	Egg & Sausage Bake Breaded Tomatoes ***** Country Fried Steak Mashed Potatoes & Cream Gravy Pinto Beans Baked Apple Slices Biscuit/Margarine Milk/Beverage



	Mon 01/10/2022	Tue 01/11/2022	Wed 01/12/2022	Thu 01/13/2022	Fri 01/14/2022	
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal
Egg of Choice	Scrambled Eggs	Fried Egg	Egg of Choice	Omelet	Scrambled Eggs	Scrambled Eggs
Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage
Breakfast Muffin	Banana Bread	Toast	Pancakes	Cinnamon Toast	Toast	Toast
Margarine/Jelly	Margarine	Margarine/Jelly	Margarine/Syrup	Margarine	Margarine/Jelly	Margarine/Jelly
Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Baked Ham	Lasagna	Roast Turkey & Gravy	Meatloaf with Ketchup Glaze	Resident's Choice (3 oz Pro/2 Grain/2 Veg) Beverage	Brown Sugar Pork Chops with Garlic & Herbs Scalloped Corn	Cheese Stuffed Shells with Sauce Five Way Mixed Vegetables (A)
Loaded Mashed Potatoes	California Blend Vegetables	Baked Sweet Potato (A)	Mashed Potatoes & Gravy	***** Oven Fried Chicken	Steamed Broccoli (A)	Tossed Salad/Dressing
Asparagus Tips	Caesar Salad	Buttered Peas	Spinach Bake (A)	Baked Potato w/Sour Cream	***** Beef Stroganoff Over Noodles	***** Beef Teriyaki
*****	*****	*****	*****	Caesar Salad	Glazed Carrots	Steamed Rice
Stuffed Bell Pepper	Baked Chicken with Onion Gravy	Bacon Cheeseburger on Bun	Garden Quiche	1er Roll/Margarine	Creamy Custard Pie	Buttered Peas
Green Beans with Onions	Mashed Potatoes & Gravy	Relish Plate	Baked Tomatoes Oregano		Beverage	Broccoli Slaw (A)
Cherry Pie	Brussel Sprouts	French Fries	Pineapple Upsid			Cranberry Oat Bar
Cornbread/Margarine	Fruit Shortcake (FR)	Ketchup/Mustard	Beverage			Beverage
Beverage	Beverage	Bread Pudding with Vanilla Sauce Beverage				
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Hawaiian Meatballs	Fish & Cheese Sandwich	Pulled Pork on Bun	Chicken & Dumplings	Cheese Enchiladas	Tuna Noodle Casserole	Open Faced Turkey Sandwich w/Gravy
Garden Blend Rice	Tartar Sauce	Baked Beans	Buttered Carrots (A)	Red Beans & Rice	Tossed Green Salad	Mashed Potatoes
Creamy Cole Slaw	Potato Chips	*****	*****	Lettuce & Tomato Salad	Bread/Margarine	Green Bean Casserole
*****	*****	*****	*****	*****	*****	*****
Chicken Salad on Croissant	*****	Homemade Soup of the Day	Fried Fish	Crispy Chicken Sandwich	Grilled Ham & Cheese Sandwich on Marble Rye	Homemade Beef Pot Pie
Tomato Parmesan Salad	*****	Chef's Salad	Macaroni & Cheese	Relish Plate	Sweet Potato Puffs (A)	Caesar Salad
Fruit Salad	Chicken & Noodles	Crackers	Five Way Mixed Vegetables (A)	Oven Baked Tater Tots	Cinnamon Baked Apples	Brownie
Milk/Beverage	Steamed Broccoli (A)	Peach Crisp (FR)	Fruit Cobbler (FR)	Pickled Beets	Milk/Beverage	Milk/Beverage
	Side Salad w/Dressing	Milk/Beverage	Milk/Beverage	Ketchup		
	Chocolate Mousse			Sopapilla w/Honey		
	Milk/Beverage					



January						
Sun 01/16/2022	Mon 01/17/2022	Tue 01/18/2022	Wed 01/19/2022	Thu 01/20/2022	Fri 01/21/2022	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
Assorted Juice Choice of Hot or Cold Cereal Bacon or Sausage French Toast Margarine/Syrup Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Bacon or Sausage Biscuit Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Donut Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Omelet Bacon or Sausage Cinnamon Toast Margarine Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Bacon or Sausage Pancakes Margarine/Syrup Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Scrambled Eggs Bacon or Sausage Toast Margarine/Jelly Milk/Beverage	Assorted Juice Choice of Hot or Cold Cereal Egg of Choice Sausage Gravy Biscuit Margarine Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Thyme Baked Chicken Breast Parslied Buttered Potatoes Broccoli with Cheese Sauce (A) ***** Lemon Baked Fish Brown Rice Pilaf Roasted Carrots (A) Carrot Cake w/Cream Cheese Frosting Dinner Roll/Margarine Beverage	Salisbury Steak Mashed Potatoes & Gravy Buttered Corn ***** Brown Sugar Glazed Ham Noodles Romanoff Green Bean Casserole Apple Cobbler (FR) Beverage	Pork & Vegetable Stir Fry Lo Mein Noodles Apple Cabbage Salad ***** Grilled Chicken Breast Mashed Sweet Potatoes (A) Brussels Sprouts w/Bacon Jell-O Cake w/Whipped Topping Beverage	Swedish Meatballs with Sauce Buttered Rice Spinach Bake (A) ***** California Cobb Salad Garlic Bread Stick Fruited Gelatin (FR) Beverage	Creamy Mushroom Chicken Baked Potato w/Sour Cream Buttered Carrots (A) ***** Tuna Salad Cold Plate Club Crackers Cottage Cheese w/Fruit (FR) Pumpkin Bar Beverage	Maple Glazed Baked Salmon Cheesy Baked Rice & Beans Italian Vegetable Blend (A) Dinner Roll/Margarine ***** Chicken Parmesan Parslied Buttered Noodles Cauliflower with Cheese Sauce Pear Crisp (FR) Beverage	Cranberry Glazed Pork Loin Sour Cream Chive Mashed Potatoes Lima Beans ***** Mexican Lasagna Confetti Corn Side Salad w/Dressing Cherry Cheesecake Beverage
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Grilled Sausage Cuts Macaroni & Cheese Marinated Slaw ***** Taco Salad Refried Beans Fruit Cup Milk/Beverage	Minestrone Soup Egg Salad on Croissant Mandarin Beet Salad ***** Creamy Chicken Spaghetti Italian Blend Vegetables (A) Garlic Bread Stick Chocolate Chip Cookie Bar Milk/Beverage	Sloppy Joe on Bun Tater Tots Ketchup ***** Club Turkey Wrap Potato Chips Pea Salad Spiced Peaches Milk/Beverage	Resident's Choice (2 oz Pro/2 Grain/1 Veg/1 Frt) Milk/Beverage ***** Pepper Beef Patty Mashed Potatoes & Gravy Creamed Corn Dinner Roll/Margarine	Deluxe Potato Ham Bake Five Way Mixed Vegetables (A) Cornbread/Margarine ***** Chicken Salad Sandwich Sliced Tomatoes Green Pea Salad Pudding Parfait Milk/Beverage	Turkey Tetrazzini Green Beans Tossed Salad/Dressing ***** Beef & Bean Chili Shredded Cheese Corn Chips Creamy Cole Slaw Goopy Butter Cookies Milk/Beverage	Homemade Vegetable Soup Ham Salad Sandwich BLT Pasta Salad ***** Beef Stew Tossed Salad/Dressing Biscuit/Margarine Fruit Salad Milk/Beverage





		Mon 01/24/2022	Tue 01/25/2022	Wed 01/26/2022	2022	Fri 01/28/2022
		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice	Assorted Juice
Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal	Choice of Hot or Cold Cereal
Egg of Choice	Egg of Choice	Fried Egg	Egg of Choice	Scrambled Eggs	Omelet	Egg of Choice
Bacon or Sausage	Bacon or Sausage	Bacon or Sausage	Sausage Gravy	Bacon or Sausage	Bacon or Sausage	Bacon or Sausage
Toast	Pancakes	Toast	Biscuit	Coffee Cake	Toast	French Toast
Margarine/Jelly	Margarine/Syrup	Margarine/Jelly	Margarine	Margarine	Margarine/Jelly	Margarine/Syrup
Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage	Milk/Beverage
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Beef Pot Roast with Gravy	Chicken Alfredo Over Fettuccini	Glazed Baked Ham	Unstuffed Green Pepper Casserole	Roast Turkey & Gravy	Catch of the Day	Cornflake Chicken
Baby Bakers	Green Beans with Onions	Baked Fresh Sweet Potato (A)	Cauliflower with Cheese Sauce	Cornbread Dressing	French Fries	Hashbrown Casserole
Roasted Baby Carrots & Onions (A)	*****	Sauteed Cabbage	Caesar Salad	Glazed Carrots (A)	California Blend Vegetables	Steamed Broccoli (A)
*****	Herb Roasted Pork Loin	*****	*****	Tossed Salad/Dressing	Ketchup/Tartar Sauce	*****
Oven Fried Chicken	Stuffing	Vegetable Lasagna	BBQ Baked Chicken	*****	*****	Pork Lo Mein
Mashed Potatoes & Cream Gravy	Roasted Brussel Sprouts	Spinach Salad w/Mandarin Oranges	Mashed Potatoes & Gravy	Swiss Steak with Tomatoes	Homemade Meatloaf	Oriental Vegetables
Five Way Mixed Vegetables (A)	Pineapple Crisp (FR)	Mock Pecan Pie	Asparagus Tips	Baked Potato w/Sour Cream	Mashed Potatoes & Gravy	Angel Food Cake w/Strawberries (FR)
Caramel Brownie	Bread Stick	Beverage	Autumn Fruit Crumble (FR)	Steamed Broccoli (A)	Green Beans with Onions	Beverage
Dinner Roll/Margarine	Beverage		Beverage	Pumpkin Pie (A)	Glazed Applesauce Cake	
Beverage				Beverage	Beverage	
Supper	Supper	Supper	Supper	Supper	Supper	Supper
Garden Vegetable Soup	Country Fried Steak w/ Gravy	Turkey Ala King over Biscuit	Fish Soft Tacos	Hot Sliced Pork on Bun	Cheesy Ground Beef Pasta Skillet	Mushroom & Barley Soup
Broccoli & Cheese Strata	Garlic Mashed Potatoes	Vegetable Medley	Roasted Corn	Onion & Pickle Slice	Lima Beans	Deli Sandwich
Hash Brown Patty	Buttered Peas	Marinated Tomato Salad	*****	Sweet Potato Puffs (A)	Biscuit	Lettuce/Tomato/Pickle
*****	Bread/Margarine	*****	Deep Dish Pizza	Creamy Cole Slaw	*****	Homemade Potato Salad
Polish Sausage w/ Kraut on Bun	*****	French Dip Beef Sandwich	Italian Tossed Salad	*****	Ham Salad Sandwich	Ketchup/Mayo/Mustard
German Potato Salad	Fish & Cheese Sandwich	Fried Potatoes	Snickerdoodles	Chicken & Rice Casserole	Potato Chips	*****
Ambrosia	Crinkle Cut French Fries	Tossed Salad/Dressing	Milk/Beve	Buttered Peas	Diced Tomato Salad	Beef Tips in Gravy
Milk/Beverage	Ketchup & Tartar Sauce	Apple Orchard Bar		Frosted Cake	Banana Pudding	Steamed Rice
	Marinated Slaw	Milk/Beverage		Dinner Roll/Margarine	Milk/Beverage	Buttered Peas & Carrots (A)
	Chocolate Mousse			Milk/Beverage		Dinner Roll/Margarine
	Milk/Beverage					Fruit Cup