

JANUARY 2022

Mon	Tue	Wed	Thu	Fri
3 Grilled chicken breast sandwich with cheese Vegetable beef soup with meat, veggies, and potatoes Angel food cake with 1/2 cup fruit	4 Beef tips with gravy over brown rice Mixed vegetables Fruit Dinner roll Dessert	5 BBQ chicken leg quarter Confetti corn Carrot coins Biscuit Fruited gelatin	6 Sloppy joe on bun Baked potatoes Dixie Coleslaw Peas Peaches	7 Pork chopette with pineapple sauce Black eyed peas Greens Cornbread Fruit cocktail Dessert
10 Baked ziti with meatsauce Tossed salad with tomatoes Broccoli Garlic roll Cinnamon baked apples	11 Chicken tenders Green beans Fruit Roll Macaroni and cheese Dessert	12 BBQ pork on bun Hashbrown casserole Coleslaw Peaches	13 Beef stew with potatoes and vegetables Blushing pears Garlic cheese biscuit Beets Dessert	14 Chicken pot pie with mixed vegetables Applesauce Dinner roll Fruit cobbler
17 Meatloaf with tomato sauce Mashed potatoes Green beans Wheat roll Angel food cake with 1/2 cup fruit	18 Chicken parmesan over pasta Tuscan blend vegetables Fruit Garlic bread Dessert	19 Chicken & dumplings Carrots Broccoli Dinner roll Fruit and yogurt parfait	20 Baked turkey with gravy Baked sweet potatoes Greens Cornbread Apple cobbler	21 Beef & bean chili Tossed salad Tropical fruit Cornbread Dessert
24 Spaghetti with meatsauce Tuscan blend vegetables Fruit Garlic bread Dessert	25 Mango chicken Peas & Carrots Fruit Confetti rice Dinner roll Dessert	26 Breaded pork chop Cauliflower with parsley and pimento Peaches Small red potatoes Dinner roll Dessert	27 Southern turkey casserole Broccoli Fruit cocktail Mashed sweet potatoes Dinner roll Dessert	28 Crunchy baked fish Fruit Mixed vegetables Mac & Cheese Dinner roll Dessert
31 Chicken alfredo Glazed carrots Green peas Texas toast Applesauce				We serve milk to all clients daily. If you will not be home during meal delivery please call 704-932-3412 <u>Menu may change</u>