

JANUARY 2023

Mon	Tue	Wed	Thu	Fri
2 Happy New Year No delivery today	3 Chicken tenders California blend Sweet potato Dinner roll Yogurt with fruit	4 Cheeseburger on bun with lettuce and tomato Baked beans Fruit fluff Fruit	5 Quiche Oranges Hashbrown casserole English muffin with jelly Fruit	6 Chicken, broccoli, and rice casserole with cheese Blackeyed peas Stewed tomatoes Roll Fruit
9 Meatballs with gravy Green beans Spiced peaches Mashed potatoes Dinner roll Dessert	10 Fish sandwich Coleslaw with carrots Tropical fruit Dessert	11 BBQ chicken Baby baker potatoes Carrots Cornbread Fruit Dessert	12 Honey glazed pork Half crusted potato Greens Roll with margarine Poke cake with whipped topping	13 Beef & macaroni cas- serole Confetti corn Broccoli Roll with margarine Applesauce
16 Sloppy Joe on bun Baby bakers Coleslaw Sliced Peaches Dessert	17 Beef tips with gravy Mixed vegetables Fruit Mashed potatoes Dinner roll with mar- garine Dessert	18 Ham and beans Greens Fruit Cornbread Pineapple delight cake	19 Grilled chicken sand- wich W/ lettuce, toma- to, cheese Baked Apples Angel food cake W/ 1/2 cup fruit	20 Pork tips Pinto beans Greens Cornbread Fruit cocktail
23 Baked ziti Tossed salad with toma- toes Broccoli Garlic roll Cinnamon baked apples	24 Chicken tenders Green beans Fruit Macaroni and cheese Dessert	25 BBQ Pork on bun Hashbrown casserole Coleslaw Peaches Dessert	26 Beef stew with vegeta- bles Blushing pears Garlic cheese biscuit With jelly Dessert	27 Chicken pot pie with mixed vegetables Harvard beets Fruit cobbler Roll with margarine
30 Bean chili with shredded cheese Tossed salad Tropical fruit Cornbread Dessert	31 Chicken parmesan over pasta Tuscan blend vegetables Fruit			