

# JANUARY 2024

Mon	Tue	Wed	Thu	Fri
1 No meal delivery Happy New Year!	2. McRib sandwich Collard greens Corn Pears Angel food cake w/ 1/2 cup fruit	3 Beef tips w/ gravy Over brown rice Veg 5 way Sliced apples Yeast roll Jell-O	4 Chicken fajitas Corn & black beans Refried beans Tortillas & taco sauce Fresh fruit	5 Krab cake Carrots Confetti Rice Wheat roll Cottage cheese w/ 1/2 cup fruit
8 Baked ziti Tossed salad with toma- toes Broccoli Garlic Bread Cinnamon baked apples Ranch dressing	9 Chicken tenders Green beans Fruit cocktail Mac & cheese Roll	10 BBQ pork on bun Hashbrown casserole Coleslaw with carrots Chilled peaches	11 Beef stew with veg Blushing pears Garlic cheese biscuit w/ jelly Dessert	12 Chicken pot pie with mixed vegetable Beets Yeast roll w/ jelly Apple Cobbler
15 Beef and bean chili Tossed Salad w/ tomato Tropical fruit Cornbread	16 Greek chicken pasta Garlic knot Broccoli/Cauliflower Sliced apples Dessert	17 Pork & veg stir fry Egg roll Rice Yeast roll Mandarin oranges	18 Fish & Cheese sand- wich Coleslaw Pears Baked chips	19 Meatloaf w/ gravy Mashed potatoes Green beans Wheat roll Angel food cake with fruit
22 Spaghetti with meat sauce Tuscan blend vegetables Peaches Garlic bread Parmesan cheese	23 Beef stroganoff California veg Fresh fruit Wheat roll Brownies	24 Pork tips & gravy California veg Red potatoes Fruit Cocktail Garlic Cheese Biscuit	25 Ham mac & cheese Collard greens Mixed berries Wheat roll Dessert	26 Sloppy Joe sandwich Baby baker potatoes Coleslaw Peaches Dessert
29 Mango chicken Peas & carrots Confetti rice Wheat roll Yogurt w/ 1/2 cup fruit	30 Chicken, Broccoli & Rice casserole Blackeyed peas Stewed tomatoes Yeast roll Cinnamon peaches	31 Cheeseburger on bun with tomato & lettuce Baked beans Fruit fluff Corn		