

JANUARY 2014 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 HAPPY NEW YEAR CENTER CLOSED	2 Chicken and White Bean Salad over Greens	3 Beef Stew with Veggies Wheat Roll Grapes
6 Mexican Pizza Black Beans and Cheese Oranges	7 Waldorf Turkey Salad Grapes, Celery, Yogurt Snap Peas	8 Veggie Chili Cheese Bread Grapefruit	9 Beef Tips And Wheat Noodles Roasted Veggies Grapes	10 Zucchini Italiano Breadstick Applies
13 Mini Taco Salads with Ground Beef Whole Wheat Tortilla Oranges	14 Whole Wheat Turkey Pasta with Roasted Broccoli and Tomato Fresh Fruit	15 Whole Wheat French Toast Turkey Sausage Syrup Mangos	16 Elbow Macaroni Beans and Tuna Tossed Salad Grapefruit	17 Butternut Squash and Roasted Apple Bisque Cheese and Crackers Pineapple
20 Chicken and Vegetable Soup Dinner Roll Oranges	21 Pork Chops Couscous Zucchini Stirfry Grapes	22 Goulash Wheat Noodles Oranges	23 Chicken and Cheese Quesadilla Homemade Salsa	24 Cheeseburger Tortilla Wrap with Lettuce, Tomato, Pickle Apple Slices
27 Bean Bolognese with Penne Pasta Apple Salad	28 Turkey Cranberry Wraps with Lettuce and Tomato Celery and Carrot Sticks	29 Chicken Breast Sandwich Avocado, Lettuce and Tomato on Whole Wheat Roll Pineapple	30 Pork Tenderloin Stew with Potatoes and Carrots Dinner Roll Apple Slices	31 Beefy Macaroni Tossed Salad Oranges

*All fruits and vegetables are fresh. Any grain should be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip should be low fat or fat free. All meals served with milk.