

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|--|---|---|---|--|
| <p>PLEASE NOTE MENUS SUBJECT TO CHANGE WITH RD APPROVAL</p> | <p>happy new year <i>CLOSED</i></p> | <p>Ground beef soft taco on a Corn tortilla Black beans Lettuce, onion, tomato Spanish brown rice Sour cream and salsa Orange</p> | <p>Fish & chips (Sweet potato fries) Coleslaw Tartar sauce Banana</p> | <p>Cheese tortellini w/ alfredo sauce Zucchini w/ red peppers WW roll Pears Almond cookie</p> |
| <p>SENIOR NUTRITION CLOSED ON FRIDAYS</p> | <p>Chicken Parmesean over angel hair pasta Lima beans and carrots Mixed berries w/ vanilla greek yogurt WW roll</p> | <p>Teriyaki chicken w/ pineapple and ginger Brown rice Chinese cabbage salad WW roll Grapes</p> | <p>Stuffed potato w/ ham, cheese, sr.cream, chives Salad w/ r.peppers, beets, cucumbers, kidney beans WW roll Peaches</p> | <p>Turkey, cream cheese, cranberry, spinach wrap macaroni salad w/ red peppers WW roll Apple</p> |
| <p>ALL MEALS INCLUDE 1% MILK AND BUTTER</p> | <p>I HAVE A DREAM Dr. Martin Luther King, Jr. <i>CLOSED</i></p> | <p>Beef stroganoff w/ egg noodles Mixed Veggies - carrots, bells, onions, broccoli Tangerine WW roll</p> | <p>Veggie penne pasta w/ shredded mozzarella Garden salad w/ garbanzo beans Pears and blueberries Garlic pita bread</p> | <p>Pork w/ gravy over mashed red potatoes Sauteed kale WW roll Banana Chocolate cupcake</p> |
| <p>GREAT NORTHERN services</p> | <p>Turkey chili Spinach salad w/ egg and mandarins Corn bread muffins</p> | <p>Roasted Chicken w/ veggies Beet salad Garlic oven potatoes WW roll Orange</p> | <p>Veggie lasanga w/ spinach & alfredo sc. Caesar salad WG garlic breadstick Grapes</p> | <p>Chicken noodle soup 1/2 ham/cheese sandwich WG bread Red leaf lettuce Tomato slice WG crackers Applesauce</p> |
| <p>MEAL CONTAINS MORE THAN 1000MG OF SODIUM</p> | <p>Mexican mac n' cheese Broccoli WW roll pineapples & mandarins</p> | <p>Chicken Adobo w/ brown rice Peas and cabbage Apple cranberry salad</p> | | |