

DECEMBER 2018

JANUARY 2019

Tossed Salad and Soup du Jour available as a starter, Bread with the meal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Hawaiian Pineapple Ham Macaroni Cheese Green Bean Almandine BLT Pineapple/Cottage Cheese+ Cake	Herbed Baked Tilapia W/ Lemon Garlic Butter Broccoli Rice Casserole Grilled Cheese with Tomato Trio Salad Plate* Lemon Cake	Cheese Broccoli Stuffed-Chicken Cooked Cabbage French Fries BBQ Beef Sand Turkey Salad Plate Apple Dumplings	Turkey Chili Cole slaw Steamed Broccoli Corn Nuggets Steak & Cheese W/fries Cobb Salad Coconut Cream Pie	Chicken Tenders Cream Peas Steamed Carrot Potato Salad Turkey Salad Sandwich Chef Salad Banana Pudding	Pub Battered Cod Coleslaw Baked Potato Chicken Parmesan Hoagie Ham Salad Plate Gelatin	Marinated Grilled Chicken Chef Choice Green Beans Ham and Cheese Sandwich/Rings Trio Salad Plate Pound Cake w/ Strawberries
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Shrimp Fettuccine Roasted Turkey w/Gravy Corn Bread stuffing Steamed Baby Carrots Steamed Asparagus Mashed Potato W/Gravy Peach Cobbler	Roasted pork Loin W/Sauce Southern Style Catfish Steamed Sweet Corn Jasmine rice Butternut Squash Steamed Green Beans Coconut Custard Pie	Pot Roast w/ Gravy Three Cheese Tortellini Red and White Sauce Steamed Cauliflower Roasted Baby Potato Chef Choice vegetable Assorted Cake	Chicken Piccata Meatloaf W/Gravy Mashed Red Potatoes W/Gravy Wild Rice Fresh Asparagus Roasted Pepper Medley Blackberry Cobbler	Grilled Shrimp Meat Lasagna W/Garlic Brea Brown Rice Steamed Yellow Squash Sautéed Baby Spinach Apple Streusel Coffee Cake	BBQ Pork Ribs Chicken marsala Potato Salad Egg Noodles Lemon Steamed Broccoli Chef Choice Vegetable Assorted Cake	Pot Roast w/ Gravy Salmon w/ Garlic Tomato Sauce Mashed Potato W/Gravy Wild Rice Steamed Asparagus Baby Carrots Cheese Cake

Fresh Fruit, Ice Cream and Assorted Cookies available in addition to the planned dessert.

JANUARY 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Cordon Bleu Italian Vegetable Blend Peas Tuna Salad/ Potato Salad Cobb Salad Chocolate Cake	Beef Burgundy Fettucine Glazed Carrots Southwestern Wrap Chef Choice Salad Fruited Gelatin	Cheese/Veggie Pizza Steamed Succotash BBQ Sandwich/Fries Greek Salad Coconut Cake	Roasted Chicken Macaroni & Cheese Steamed Broccoli Ham Salad Sandwich Pineapple /cottage cheese Yellow cake w/ strawberries	Roasted Tukey Mashed Potatoes Green Beans Egg Salad Sandwich Trio Salad* Plate Assorted Cakes/Pies	Spiral Sliced ham Sweet Potatoes Creamed Peas Hot Dogs/ Chili/fries Chef Choice Salad Lime Gelatin with Pineapple	Corned Beef Cooked Cabbage Root Vegetable Medley Grilled Cheese Sandwich Chef Salad Cheese Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Spaghetti and Meat sauce Baked Tilapia Lemon Butter Herbed Couscous Steamed Broccoli Mixed Vegetables Garlic Bread Apple Pie	Grilled Chicken Salad Shrimp Scampi Baked Potato Steamed Squash Medley Brown Rice Cherry Cobbler	Pork Loin W/Sauce Pan Fried Tilapia Basmati Rice Mashed Potato w/ gravy Steam Kale Steamed Sweet Corn Cheese Cake	Quiche Lorraine Chicken Parmesan W/ -Marinara Sauce Fettucine Kyoto Vegetable Bland Steamed Spinach Angel Food Cake	Grilled Italian Chicken Breast Grilled Ham and Cheese Wild Rice Venetian Vegetable Blend French Fries Apple Cobbler	Grilled Salmon Pot Roast W/Gravy Mashed Potato Steamed Baby Carrots Steamed Broccoli Rice Florentine Orange Cake	Fish and Chips Grilled Shoulder tender Steak Roasted Baby Potato Sautéed Pepper and Mushroom Coleslaw Blackberry Cobbler

Fresh Fruit, ice Cream and Assorted Cookies available in addition to the planned dessert.

JANUARY 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16	17	18	19
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Baked Ham Roasted Fuji Apple Steamed Green Bean	Open Hot Roast Beef Sandwich W/gravy	Chicken Casserole Creamed Peas Steamed Broccoli	Meatloaf w/Gravy Egg Noodle Steamed Carrots	Grilled Salmon Jasmine Rice Steamed Spinach	Beef Steak /w Gravy Mashed Potatoes W/Gravy Steamed Carrots	Chicken Wings Cole Slaw Baked Beans
Broccoli & Cheddar Quiche	Green Beans Mashed Potatoes W/Gravy Crab Cake	Bologna^* Sandwich Onion Ring	Fish fillet Sandwich French Fries	Grilled Chicken Sandwich Potato Salad	Turkey Salad Croissant/tots	Ham and Cheese on Rye Onion Ring
Strawberry Salad	Sandwich/ Slaw Cottage Cheese/Fruit Plate	Chefs choice Salad	Chefs choice Salad	Chef's Salad	Chef's Choice Salad	Cottage Cheese in Tomato
Carrot Cake	Gelatin with Fruit	Peach Cobbler	Lemon Cake	Gelatin w/ Fruit Cocktail	Sweet Potato pie	Red Velvet Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Pan Fried Tilapia Meat Lasagna	Roasted Turkey w/ Gravy Manicotti	Salmon Croquette Spaghetti with Meat sauce W/ Marinara Sauce	Stir Fry Chicken Baked Cod fillet W/ sauce	BBQ Spare Rib Vegetable Lasagna - W/Garlic Bread	Crab cake Grilled Italian Chicken Breast	Beef Tenderloin Three Cheese Ravioli W/ Red or white Sauce
Key largo Vegetable Buttered Egg Noodles	Baked Sweet Potato Sautéed Spinach	Baked Potato Fresh Asparagus Steamed Squash	Fried Rice Venetian Vegetable Blend	Green Bean Casserole Sliced Baked Beets Cole Slaw	Baked Winter Squash Steamed Asparagus Wild Rice	Mushrooms and Peppers San Fran Blend Baked Potato
Steamed Kale	Capri Vegetable Blend	Cheese Cake	Penne Pasta	Carrot Cake	Coffee Cake	Pecan Pie
Chocolate Cake	Pecan Pie		Chef's Choice			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Roasted Chicken Steamed Broccoli Macaroni and cheese	Roasted Pork Loin W/Sauce Steamed Kale Black-eyed Peas	Spaghetti with Meat Sauce and Garlic Bread Zucchini Casserole	Baked Ham Yams Broccoli Rice Casserole	Southern Fried Chicken Potato Salad Baked Beans	Three Cheese Ravioli Mariana or Alfredo Sauce Steamed Zucchini	Grilled Shrimp Noodles Romanoff Steamed Brussel Sprouts
Egg Salad Sandwich Grilled Steak Salad	Warm Chicken Ranch Wrap Chef Salad	Grilled Chicken Salad Turkey Cranberry Sandwich	Chefs Choice Salad Sloppy Joe with Fries	Hot Dog Chicken BLT Salad	Turkey Reuben w/ Onion Rings Shrimp Salad	Hamburger Chef choice Salad
Chocolate Cake	Carrot Cake	Pound Cake	Lemon Cake	Jell-O with Fruit Cocktail	Berry Cobbler	Red Velvet Cake
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Crab Stuffed Tilapia Baked Ham*	Grilled Chicken Veal Parmesan	Open Hot Roasted Turkey Sand Grilled Shrimp	Chicken Ragu Baked Cod fillet	Crab Stuffed Flounder Roasted Pork Tenderloin	Rainbow Trout Beef Stir Fry	Pot Roast w/Gravy Chicken Alfredo
Baked Sweet Potato Basmati Rice Steamed Asparagus Steamed Squash	Parsley Noodles Green Beans Garlic Red Potato Carrots	Mashed Potato /Gravy Peas Steamed Broccoli Stewed Tomatoes	Whole Wheat Pasta Fingerling Potatoes Steamed Kale Spring Vegetable Blend	Buttered Noodles Baby Carrot Chefs Vegetable Bland Baked Butternut Squash	Roasted Baby Potato Rice Blend Fresh Asparagus Fried Okra w/Onion	Mashed Potato w/Gravy Steamed Baby Carrot Steamed Broccoli
Cheese Cake	Red Velvet Cake	Peach Pie	Cupcake	Baked Butternut Squash Pumpkin Pie	Angel Food Cake	Cookies and Cream Pie

Fresh Fruit, Ice Cream and Assorted Cookies available in addition to the planned dessert.

JANUARY 2019

FEBRUARY 2019

Tossed Salad and Soup du Jour available as a starter, Bread with the meal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Hawaiian Pineapple Ham Macaroni Cheese Green Bean Almandine BLT Pineapple/Cottage Cheese+ Cake	Herbed Baked Tilapia W/ Lemon Garlic Butter Broccoli Rice Casserole Grilled Cheese with Tomato Trio Salad Plate* Lemon Cake	Cheese Broccoli Stuffed-Chicken Cooked Cabbage French Fries BBQ Beef Sand Turkey Salad Plate Apple Dumplings	Turkey Chili Cole slaw Steamed Broccoli Corn Nuggets Steak & Cheese W/fries Cobb Salad Coconut Cream Pie	Chicken Tenders Cream Peas Steamed Carrot Potato Salad Turkey Salad Sandwich Chef Salad Banana Pudding	Pub Battered Cod Coleslaw Baked Potato Chicken Parmesan Hoagie Ham Salad Plate Gelatin	Marinated Grilled Chicken Chef Choice Green Beans Ham and Cheese Sandwich/Rings Trio Salad Plate Pound Cake w/ Strawberries
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Shrimp Fettuccine Roasted Turkey w/Gravy Corn Bread stuffing Steamed Baby Carrots Steamed Asparagus Mashed Potato W/Gravy Peach Cobbler	Roasted pork Loin W/Sauce Southern Style Catfish Steamed Sweet Corn Jasmine rice Butternut Squash Steamed Green Beans Coconut Custard Pie	Pot Roast w/ Gravy Three Cheese Tortellini Red and White Sauce Steamed Cauliflower Roasted Baby Potato Chef Choice vegetable Frosted Cake	Chicken Piccata Meatloaf W/Gravy Mashed Red Potatoes W/Gravy Wild Rice Fresh Asparagus Roasted Pepper Medley Blackberry Cobbler	Grilled Shrimp Meat Lasagna W/Garlic Brea Brown Rice Steamed Yellow Squash Sautéed Baby Spinach Apple Streusel Coffee Cake	BBQ Pork Ribs Chicken marsala Potato Salad Egg Noodles Lemon Steamed Broccoli Chef Choice Vegetable Assorted Cake	Pot Roast w/ Gravy Salmon w/ Garlic Tomato Sauce Mashed Potato W/Gravy Wild Rice Steamed Asparagus Baby Carrots Cheese Cake

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