

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

			<p>1 Smothered Braised Chicken Salisbury Steak Rice or Mashed Potato Corn Zucchini Strawberry Ice Cream Diet Ice Cream <small>New Year's Day</small></p>	<p>2 American Chop Suey Beef Pot Pie Garlic Bread Tossed Salad Yellow Squash Lemon Cake Diet Lemon Cake</p>	<p>3 Fish and Chips Chicken Breast <u>Side</u> Cole Slaw Mashed Potato Lettuce and Tomato <u>Dessert</u> Italian Ice</p>	<p>4 Chicken Sandwich Cheeseburger Tater Tots or Mashed Potatoes Zucchini Carrots Chocolate Pudding Diet Chocolate Pudding</p>
<p>5 Pot Roast <u>BBQ Ribs</u> Oven Roasted Potatoes Cauliflower Dinner Roll Ice Cream Sundae Diet Ice Cream</p>	<p>6 Stuffed Shells w/marinara Chicken Cutlet Garlic Bread Tossed Salad Broccoli Mashed Potato Blueberry Pie Fresh Fruit</p>	<p>7 Braised Pork Chops Chicken Pot Pie Carrots Boiled Potatoes Wax Beans Chocolate Cake Diet Chocolate Cake</p>	<p>8 Herb Roasted Chicken With Cranberry Sauce Salisbury Steak Baked Potato Green Beans Cauliflower Dinner Roll Rainbow Sherbet</p>	<p>9 Stuffed Peppers Baked Fish Garlic Mashed Potato Zucchini and Squash Medley Broccoli Cheesecake with Strawberries Fresh Strawberries</p>	<p>10 Fish and Chips Baked Breaded Chicken Mashed Potato Cole Slaw Peas <u>Dessert</u> Lemon Squares Diet Lemon Pudding</p>	<p>11 Smothered Pork Chops Cheese Manicotti Herb Stuffing Butternut Squash Corn Peach Shortcake Sliced Peached</p>
<p>12 Roast Beef with Brown Gravy Baked Ham w/ Maple Glaze Roasted Potatoes Brussel Sprouts or Wax Beans/ Dinner Roll Ice Cream Sundae Low Calorie Ice Cream</p>	<p>13 Roast Turkey with gravy Veal Pattie w/gravy Herb Stuffing Mashed Potato Peas or Broccoli Pumpkin Pie Diet Pumpkin Pudding</p>	<p>14 Lasagna with Garlic Bread Baked Stuffed Sole w/ Newburg Tossed Salad Butternut Squash Mashed Potato Chocolate Pudding Low Calorie Pudding</p>	<p>15 Salisbury Steak Chicken Cesar Salad Baked Potato Butternut Squash Beets Dinner Roll Cookies and Cream Ice Cream Diet Ice Cream</p>	<p>16 Meatloaf with gravy Ravioli Mashed Potato Corn Wax Beans <u>Dessert</u> Brownie Low Cal. Pineapples</p>	<p>17 Salmon with Lemon Cream Sauce Pork Ribs <u>Side</u> Herb Roasted Potatoes Fresh Carrots or Peas <u>Dessert</u> Spice Cake Diet Spiced Angel Cake</p>	<p>18 Braised Pork Salisbury Steak Mashed Sweet Potato Asparagus Green Beans Fruited Jell-O w/topping Diet Fruited Jell-O w/topping</p>
<p>19 Roast Turkey with Cranberry Mini Pizza Herb Stuffing Mashed Potato Peas or Broccoli Dinner Roll Apple Pie Apples, Cinnamon and Topping <small>Activity Professionals Week</small></p>	<p>20 <u>Beef Stew</u> <u>Hot Dog</u> Garlic Mashed Potato Mixed Vegetable Baked Beans <u>Dessert</u> 3 Layer Chocolate Cake Pineapple Rings <small>Martin Luther King Jr. Day</small></p>	<p>21 Stuffed Shells Breaded Chicken Filet Tossed Salad w/Italian Dressing Broccoli Garlic Bread Lemon Square Diet Lemon Pudding</p>	<p>22 Roasted Chicken BBQ Pork Ribs Green Beans Butternut Squash Baked Potato Chocolate Ice Cream Diet Ice Cream</p>	<p>23 Baked Ham with Pineapples Beef Stew Mashed Potato Peas and Pearl Onions Cauliflower Cherry Pie Fresh Fruit w/Topping</p>	<p>24 Baked Fish Salisbury Steak <u>Side</u> Scalloped Potatoes Beets or Corn <u>Dessert</u> Brownie Low Cal. Choc Pudding</p>	<p>25 Swedish Meatballs Over Egg Noodles Carrots Stuffed Shells Carrots/Broccoli Pound Cake w/Peaches Sliced Peaches</p>
<p>26 <u>Roasted Chicken</u> <u>Stuffed Shells</u> <u>Side</u> Rice Medley Butternut Squash Green Beans Dinner Roll <u>Dessert</u> Ice Cream Sundae <small>Australia Day (Observed)</small></p>	<p>27 Braised Pork Baked Fish Herb Roasted Potatoes Broccoli or Brussel Sprouts Apple Crisp Apples w/ Cinnamon</p>	<p>28 Spaghetti & Meatballs Breaded Chicken Filet Tossed Salad w/ Dressing Veg Medley Garlic Bread Yellow Cake w/ Icing Angel Cake w/ Topping</p>	<p>29 Fried Chicken Beef Pot Pie Mashed Potatoes Broccoli Green Beans /Corn Biscuit Toffee Chip Ice cream <small>Chinese New Year (Year of the Snake)</small></p>	<p>30 Stuffed Peppers BBQ Pork Rib <u>Sides</u> Carrots Mashed Potatoes <u>Mixed Vegetable</u> <u>Desert</u> 3Layer Chocolate Cake Diet Chocolate Cake</p>	<p>31 Catch of the Day Roasted Chicken <u>Side</u> Baked Potato Beets or Green Beans <u>Dessert</u> Fruit Bar</p>	