



JANUARY LUNCH MENU



MONDAY	TUESDAY	WEDNES- DAY	THURSDAY	FRIDAY
<p>Recommended donation is \$1.25 per meal</p>	<p>1 CENTER CLOSED</p>	<p>2 Chili con Carne Brown Rice Mixed Green Salad</p>	<p>3 Chicken Broccoli Stir Fry Chinese Style Spaghetti Braised Collard Greens</p>	<p>4 Baked Cod Red Bliss Potatoes Sauteed String Beans</p>
<p>7 Beef + Broccoli Chinese Style Spaghetti Chinese Style Mustard Greens</p>	<p>8 Baked Turkey Breast Brown Gravy Wild Rice Brussels Sprouts & Kale Saute</p>	<p>9 Deluxe Cheeseburger Home Fries Mixed Green Salad</p>	<p>10 Eggplant Parmesan Pasta Italian Blend Vegetables</p>	<p>11 Baked Salmon w/ Lemon & Herbs Brown Rice Pilaf California Blend Vegetables</p>
<p>14 Beef and Turkey Meatloaf w/ Mushroom Gravy Green Bean Sautee</p>	<p>15 Pernil (Roasted Pork Shoulder) Rice and Beans Collard Greens</p>	<p>16 Vegetarian Chili Corn Muffin Baked Potatoes Mixed Green Salad</p>	<p>17 Chicken Barley and Veggie Soup BBQ Chicken Leg Quarters Red Bliss Potatoes California Blend Veggies</p>	<p>18 Minestrone Soup Pork Spare Ribs Baked Potatoes Roasted Brussel Sprouts</p>
<p>21 CENTER CLOSED</p>	<p>22 Black Bean w/ Sweet Potato Chili Orzo w/ Veggies Green Salad Sauteed Onions and Peppers</p>	<p>23 Turkey Burger w/ Cheese Garlic Mashed Potatoes Red Cabbage Salad</p>	<p>24 Beef Stir Fry White Rice Veggies</p>	<p>25 Baked Codfish w/Garlic Sauce Couscous w/Peas and Lemon Roasted Brussels Sprouts</p>
<p>28 Baked Chicken Quarters Baked Sweet Potato Zucchini & Peas</p>	<p>29 Vegetable Baked Ziti with Whole Wheat Pasta Baby Carrots Mixed Green Salad</p>	<p>30 Roasted Pork Tenderloin Baked Red Potato Wedges Sauteed String Beans</p>	<p>31 Veggie Soup Beef Stroganoff w/noodles Garlic Broccoli</p>	<p>All meals are served with fruit juice 1% milk</p>