



January 2023

Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>New Year's Holiday Observance</p>	<p>3</p> <p>Cheese Omelet Breakfast Potatoes Warm Pears with Granola Fresh Orange Blueberry Muffin</p>	<p>4</p> <p>Salisbury Steak with Gravy Mashed Sweet Potatoes Steamed Broccoli Pineapple Wheat Dinner Roll Donut</p>	<p>5</p> <p>Sloppy Joe Wheat Bun Seasoned Pinto Beans Peas Tropical Fruit Salad Maple Walnut Square</p>	<p>6</p> <p>Creamy Chicken Pasta Cooked Carrots Diced Beets Gala Apple Chocolate Chip Cookie</p>
<p>9</p> <p>Honey Mustard Chicken Breast Mashed Potatoes Scalloped Tomatoes Pineapple Wheat Dinner Roll Chocolate Pudding</p>	<p>10</p> <p>Shredded BBQ Pork Wheat Bun Seasoned Black Beans Creamy Coleslaw Warm Fruit Crisp</p>	<p>11</p> <p>Italian Goulash Diced Carrots Corn Sunshine Fruit Salad Oatmeal Raisin Cookie</p>	<p>12</p> <p>Chicken with Gravy Brown Rice Pilaf Mixed Vegetables Spinach Salad Salad Dressing Apple Slices with Yogurt Dipping Sauce</p>	<p>13</p> <p>Turkey Pot Pie with Biscuit Topping Green Beans Cranberry Sauce Brownie</p>
<p>16</p> <p>Western Omelet Breakfast Potatoes Warm Applesauce Fresh Orange Banana Muffin</p>	<p>17</p> <p>Chicken Spinach Alfredo Pasta Bake Steamed Broccoli Diced Carrots Tropical Fruit Butterscotch Pudding</p>	<p>18</p> <p>BBQ Riblet Potatoes AuGratin Seasoned Pinto Beans Pineapple and Mangoes Peanut Butter Cookie</p>	<p>19</p> <p>Stuffed Green Pepper Casserole Mixed Vegetables Warm Applesauce Romaine Salad Salad Dressing Raisin Rice Pudding</p>	<p>20</p> <p>Ketchup Meatloaf Mashed Potatoes Hubbard Squash Diced Pears Wheat Dinner Roll Donut Holes</p>
<p>23</p> <p>Swiss Steak in Tomato Gravy Mashed Sweet Potatoes Baked Beans Wheat Dinner Roll Sugar Cookie</p>	<p>24</p> <p>Turkey ala King Biscuit Steamed Broccoli Applesauce Chocolate Chip Bar</p>	<p>25</p> <p>BBQ Meatballs Homemade Mac and Cheese Diced Carrots Pea Salad Tropical Fruit Devil's Food Cake</p>	<p>26</p> <p>Chicken Cacciatore over Brown Rice Spinach Salad Salad Dressing Warm Spiced Pears Lemon Pudding</p>	<p>27</p> <p>Chili Macaroni Casserole Corn Three Bean Salad String Cheese Apples with Granola</p>
<p>30</p> <p>Roasted Turkey with Gravy Mashed Potatoes Mixed Vegetables Diced Pears Wheat Bread Chocolate Fluff</p>	<p>31</p> <p>Ham Tetrizzini Green Beans Carrot Raisin Salad Strawberries White Cake</p>	 <p>Elderly Nutrition Program 725-2791 for information or meal reservations (Call by 12:30pm a day in advance)</p>	 <p>- Due to National Supply Issues - Menus are Subject to Change.</p>	



Nutrition Program

725-2791

for information or meal reservations
(Call by 12:30pm a day in advance)

Winnebago County

Weekend Meals

January 2023

December 31st

Salisbury Steak with Brown Gravy
Rice Pilaf
Diced Beets

January 1st

Homemade Mac and Cheese
Peas
Cherry Crumble

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert

January 7th

Chef's Choice

January 8th

Cheese Omelet
Roasted Potatoes with Peppers and Onions
Apple Granola

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert

January 14th

Chicken Marsala
Rice Pilaf
Capri Vegetables

January 15th

Sweet n' Sour Chicken over Steamed Rice
Broccoli
Carrots

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert

January 21st

Pollock Strips
Parsley Roasted Potatoes
Mixed Vegetables

January 22nd

Montreal Chicken
Sweet Potatoes
Peas

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Apple and Dessert

January 28th

Swedish Meatballs over Pasta
Diced Carrots
Peas

January 29th

Western Omelet
Roasted Potatoes with Peppers and Onions
Apple Granola

Accompaniments: Assorted Breads (2), Butter (2), 1% Milk (2), Fresh Orange and Dessert