

## January 2020 MENU – 36, 125, 1140

Monday	Tuesday	Wednesday	Thursday	Friday
		1.  <b>Happy New Year!</b>	<b>2 - T</b> Chicken Teriyaki Brown rice Kale Corn and potato chowder Wheat roll Birthday cake	<b>3 - T</b> Baked turkey ham with raisin sauce Garlic mashed potatoes Mixed vegetables Garden veg soup fruit
<b>6 – T NEW</b> White bean chicken chili Cornbread Sweet potatoes Thai curry veg soup Sugar-free jellO	<b>7 - C</b> Creole shrimp and grits Broccoli Italian sausage soup fruit	<b>8 NEW - V</b> Grilled cheese sandwich Sweet potato wedges Beets and greens Tomato basil soup Wheat roll Fruit ketchup	<b>9</b> Fried chicken w/ mushrooms and okra Mashed potatoes Vegetable medley Wild rice and turkey soup fruit	<b>10 – T</b> Tuna casserole Egg noodles California blend veg New England clam chowder Wheat roll Fruit crunch bar
<b>13 - C</b> Chicken sofrito White rice Broccoli Tomatoes and cabbage soup Vanilla pudding	<b>14 – C</b> Seafood stew Yellow rice Mixed vegetables Minestrone soup fruit	<b>15 – T</b> American chop suey Whole grain pasta Green beans Split pea soup Wheat roll fruit	<b>16 - T</b> Baked crispy catfish Mac-n-cheese Collard greens Garden veg soup Holiday cookie	<b>17 - T</b> Tuscan chicken Polenta Braised tomatoes and white beans Wild rice and veg soup Corn bread fruit
<b>20</b>  <b>Martin Luther King Day</b>	<b>21 - T</b> Baked Pollack Florentine Rice pilaf Green beans w/ red peppers Broccoli & cheddar soup Sugar free jellO	<b>22 -C</b> Pork with linguica and onions Yucca Carrots Curried butternut squash soup fruit	<b>23 - Cold</b> Roast beef and cheese sandwich w/ lettuce and tomato potato salad chicken orzo soup fruit	<b>24 - C</b> Salt cod fritters w/ lemon Yellow rice w/ black-eyed peas California blend veg Minestrone soup Wheat roll brownie
<b>27 – NEW - C</b> Jamaican beef patty Rice and beans Broccoli Bean and barley soup Wheat roll Chocolate pudding	<b>28 - V</b> Three bean chili w/ cheddar cheese Buttermilk biscuit Vegetable medley Ginger garlic noodle soup fruit	<b>29 – T NEW</b> Balsamic salmon Wild rice Beets and greens Cauliflower bisque fruit	<b>30 - C</b> Arroz con Camarones Yellow rice Plantains Navy bean soup Snack loaf fruit	<b>31 – T NEW</b> Turkey tetrazinni w/ whole grain pasta green beans w/ red peppers lentil soup wheat roll

***\*\*\*Subject to change\*\*\****