January 2023 MENU – Upham's PACE

Monday	Tuesday	Wednesday	Thursday	Friday
	3T Shepherd's Pie Mashed Potatoes Brussels Sprouts Whole Grain Cornbread Chocolate Pudding Tomato Cabbage Soup	**4T** Broccoli Cheddar Stuffed Chicken Sweet Rice Mixed Vegetable Wheat Roll Cinnamon Peaches Curried Butternut Squash Soup	**5T** Cajun Shrimp & Chicken Pasta Vegetable Medley Wheat Roll Shortbread Cookie Italian Sausage Soup	**6T** Cheeseburger Baked Beans Carrots Wheat Hamburger Bun Fruit Ketchup Vegetable Barley Soup
9V Honey Mustard Chik'n Cutlet Rice Pilaf Green Beans Wheat Roll Vanilla Pudding Cream of Broccoli Soup	**10T** Beef Stew w/Buttermilk Biscuit Broccoli Warm Pears Roasted Red Peppers	**11T** Teriyaki Salmon White Rice Corn w/Peppers Wheat Bread Fruit Wild Rice & Turkey Soup	**12 Holiday Meal** Roasted Chicken Drumstick Mac & Cheese Collard Green Wheat Roll Mixed Fruit Lentil Soup	**13T** Pot Roast w/Brown Gravy Garlic Mashed Potatoes Green Beans w/Peppers Cornbread Loaf Chocolate Pudding Minestrone Soup
16 **Martin Luther King Jr.**	**17C** Pastelon (Latin Beef Lasagna) Plantains Brussel Sprouts Cornbread Loaf Oatmeal Cookie Chicken Orzo Soup	**18V** Chik'n Cutlet Macaroni & Cheese Kale & Corn Wheat Bread Apricot Crisp Wild Rice & Vegetable Soup	**19T** Tuscan Chicken Orzo Broccoli Wheat Roll Fruit Navy Bean Soup	**20C** Jamaican Beef Patty Sweet Potatoes Green Peas Wheat Bread Fruit Ginger Garlic Vegetable Noodle Soup
23T American Chop Suey (Beef) Elbow Macaroni Tuscan Blend Vegetables Wheat Bread Vanilla Pudding Black Bean Soup	**24T** Maple-Bacon Glazed Chicken Sweet Potatoes Green Beans Wheat Roll Fruit Beef & Barley Soup	**25C** Pernil "Slow Roasted Pork" Yellow Rice Mixed Vegetable White Bread Brownie Split Pea Soup	**26C** Latin Shepherd's Pie w/Beef & Plantains Carrots Whole Grain Cornbread Fruit Tomato Basil Soup	**27T** Beef Stroganoff Egg Noodles Brussel Sprouts Wheat Roll Cinnamon Peaches Vegetable Orzo Soup
30V Falafel Rice Pilaf Mixed Vegetable Wheat Roll Chocolate Pudding Chicken Noodle Soup	**31V** Whole Grain Cheese Lasagna w/Lentil Bolognese & Parm Garnish Vegetable Medley Wheat Roll Warm Pears Tomato Cabbage Soup			

Subject to change***