

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Residents, if you are requesting something different than what is on the menu, we ask that you PLEASE let Michael and Jun know 3 hours before meal time.	BEVERAGES Breakfast Cranberry, Apple, Orange Juices Coffee - Hot Tea Hot Chocolate Milk - Water Lunch & Dinner Coffee - Hot Tea Water - Ice Tea	THE MONTH OF JANUARY IS... Alzheimer Awareness Month Be Kind To Food Servers Month Big and Tall Month Int'l Creativity Month Nat'l Blood Donor Month Nat'l Eye Care Month Nat'l Fiber Focus Month Nat'l Get Organized Month Nat'l Glaucoma Awareness Month Nat'l Hobby Month Nat'l Hot Tea Month Nat'l Maybe I Will and Maybe I Won't Nat'l Oatmeal Month Nat'l Soup Month Nat'l Staying Healthy Month Nat'l Thank You Month Celebration of Life Month Get a Balanced Life Month Poverty Awareness Month Self Love Month	MENU ALTERNATIVES The following are alternative meals for Lunch or Dinner. 1. Ham or Turkey Sandwich 2. Fruit Salad w/Cottage Cheese 3. Cold Veggie Plate w/Dressing 4. Cheese Omelet w/Toast 5. Grilled Cheese Sandwich 6. Peanut Butter & Jelly Sandwich	NEW YEAR'S DAY BREAKFAST Orange Juice Waffles w/Strawberries, Sausage LUNCH Diced Peaches Teriyaki Meat Balls, Rice Mix Vegetables, Bread Pudding DINNER Sloppy Joe on a Bun Macaroni Salad, Cookies	1 BREAKFAST Apple Juice Biscuit & Gravy, Bacon Sausage, Banana LUNCH Baked Fish Polloc w/Tartar Sauce Roasted Potatoes Ice Cream DINNER Italian Sausage Casserole Garlic Bread Pistachio Pudding	2 BREAKFAST Orange Juice, Toast Cheese Omelet, Hash Browns LUNCH Salisbury Steak, Mashed Potatoes Mixed Vegetables Jello DINNER Egg Salad Sandwich Lettuce & Tomato Blueberry Tart
4 BREAKFAST Orange Juice Pancakes, Bacon Slice, Peaches LUNCH Spaghetti w/Meat Sauce Garlic Bread, Mixed Vegetables Egg Custard DINNER Chicken Sandwich Potato Salad, Jello	5 BREAKFAST Apple Juice, Toast Vegetable Quiche, Sausage Link Hans Browns, Orange Slices LUNCH Cheeseburger w/Lettuce & Tomato Baked Beans, Jello DINNER Turkey Tetrazzini Garlic Bread, Mixed Vegetables Yellow Cake	6 BREAKFAST Orange Juice Blueberry Pancakes, Syrup Sausage Link, Diced Peaches LUNCH Teriyaki Meat Balls, Rice Mixed Vegetables, Pudding DINNER Ham Sandwich Lettuce & Tomato, Macaroni Salad Peach Cobbler	7 BREAKFAST Apple Juice French Toast, Bacon, Banana LUNCH Chicken Stew, Rice Japanese Vegetables Pistachio Pudding DINNER Baked Fish Pollock, Tartar Sauce Roasted Potatoes Ice Cream	8 BREAKFAST Orange Juice, Toast Turkey Sausage, Scrambled Egg Hash Browns, Diced Peaches LUNCH Beef Stroganoff w/Bow Tie Noodles Mixed Vegetables, Muffin DINNER Chicken Pesto Mashed Potatoes, Broccoli Apple Cobbler	9 BREAKFAST Orange Juice, Toast Potato Pancake, Bacon, Sausage Link Diced Honeydew Melon LUNCH Fish Tacos w/Corn Tortilla Green Salad, Spanish Rice Apple Crisp DINNER Beef Ravioli w/Cheese Garlic Bread, Mixed Vegetables Blueberry Muffin	10 BREAKFAST Apple Juice, Toast Fried Egg, Hash Browns Sausage Links, Cantaloupe LUNCH Salisbury Steak, Mashed Potatoes Spinach, Jello DINNER Egg Salad Sandwich Cheese, Lettuce, Potato Chips Ice Cream
11 BREAKFAST Orange Juice, Bacon French Toast, Diced Peaches LUNCH Chili Dogs w/Cheese & Onions Potato Chips, Fruit Mix DINNER Cheese Enchiladas Green Salad, Rice, Corn Yellow Cake	12 BREAKFAST Apple Juice, Toast Corned Beef Hash, Scrambled Egg Diced Honeydew Melon LUNCH Cheese Burger w/Lettuce and Tomatoes, Baked Beans, Jello DINNER Beef Pepper Steak Stir Fry Vegetables, Yellow Rice White Cake	13 BREAKFAST Orange Juice Waffle w/Blueberries, Bacon Diced Peaches LUNCH Beef Tacos w/Cheese, Tomato, Onions, Rice Banana Pudding DINNER Chicken Casserole Garlic Bread, Mixed Vegetables Muffin	14 BREAKFAST Apple Juice, Banana Pancake Pork Sausage, Fruit LUNCH Chicken Pesto Over Rice Spinach, Ice Cream DINNER Roast Beef Sandwich Potato Salad, Cheese Cake Tart	15 BREAKFAST Orange Juice, Toast Scrambled Eggs Pork Sausage Patty, Diced Pears LUNCH Teriyaki Meat Balls, Rice Broccoli, Fruit Cocktail DINNER Picadillo Over Rice Mixed Vegetables Pistachio Pudding	16 BREAKFAST Apple Juice, Toast Potato Pancake w/White Gravy Bacon, Sausage Link Diced Honeydew Melon LUNCH Chicken Fajitas w/Corn Tortilla Spanish Rice, Baked Beans Ice Cream DINNER Italian Sausage Casserole Garlic Bread, Cali Blend Vegetables Pudding	17 BREAKFAST Orange Juice, Toast Cheese Omelet, Hash Browns Sliced Oranges LUNCH Salisbury Steak, Rice Mixed Vegetables, Jello DINNER Tuna Salad Sandwich Chese, Tomato, Lettuce Macaroni Salad, Ice Cream
18 MARTIN LUTHER KING JR. DAY BREAKFAST Apple Juice Pancakes, Bacon, Diced Pears LUNCH BBQ Pork Patty Mashed Potatoes, Mixed Vegetables, Yellow Cake DINNER Ham Sandwich, Potato Chips Cheese, Tomato, Lettuce Jello	19 BREAKFAST Orange Juice, Toast Spinach Scrambled Eggs Hash Browns, Sausage Sliced Oranges LUNCH Chicken Stew Over Rice Cauliflower, Orange Cake DINNER Cheeseburger w/Lettuce & Tomato Baked Beans, Tapioca Pudding	20 BREAKFAST Apple Juice, Bacon Waffle w/Sliced Strawberries Peaches LUNCH Teriyaki Chick, Rice, Broccoli Ice Cream DINNER Sloppy Joe on a Bun Macaroni Salad Egg Custard	21 BREAKFAST Orange Juice, Toast Potato Pancakes w/White Gravy Sausage Link, Banana LUNCH Beef Stroganoff w/Rotini Noodles Spinach, Garlic Bread White Cake DINNER Turkey Sandwich Potato Salad, Jello	22 BREAKFAST Apple Juice French Toast, Bacon, Sausage Diced Honeydew Melon LUNCH Cheese Burger, Lettuce & Tomato Baked Beans, Fruit Mix DINNER Turkey Tetrazzini, Garlic Bread Mixed Vegetables Egg Custard	23 BREAKFAST Orange Juice Biscuit & Gravy, Bacon, Sausage Sliced Peaches LUNCH Fish Tacos w/Corn Tortillas Spanish Rice, Cole Slaw, Ice Cream DINNER Spaghetti w/Meat Balls Mushroom, Garlic Bread Vanilla Pudding	24 BREAKFAST Orange Juice, Toast Fried Egg, Hash Browns, Bacon Diced Peaches LUNCH Salisbury Steak Mashed Potatoes Mixed Vegetables, Jello DINNER Turkey Sandwich Potato Salad Cookies
25 BREAKFAST Apple Juice Scrambled Egg, Pork Sausage Patty Hash Browns, Banana LUNCH Baked Fish (Pollock) w/Tartar Sauce Rice, Cole Slaw, Pistachio Pudding DINNER BBQ Pork Patty Mashed Potatoes, Corn Egg Custard	26 BREAKFAST Orange Juice Blueberry Pancakes, Pork Sausage Diced Peaches LUNCH Chicken Stew Over Rice Broccoli, Banana Pudding DINNER Beef Enchiladas Rice, Lettuce, Corn Bread Pudding	27 BREAKFAST Orange Juice, Oatmeal Turkey Sausage Patty Hash Browns, Toast, Fruits LUNCH Beef Casserole, Garlic Bread Mixed Vegetables, Jello DINNER Grilled Chicken Mashed Potatoes, Green Peas Chocolate Pudding	28 BREAKFAST Apple Juice Potato Pancake w/White Gravy Bacon, Diced Pears LUNCH Beef Stew Rice, Broccoli Ice Cream DINNER Ham Sandwich Potato Salad Banana Pudding	29 BREAKFAST Orange Juice Waffles w/Strawberries, Sausage Diced Peaches LUNCH Teriyaki Meat Balls Rice Mix, Vegetables Bread Pudding DINNER Sloppy Joe on a Bun Macaroni Salad, Cookies	30 BREAKFAST Apple Juice Biscuit & Gravy, Bacon Sausage, Banana LUNCH Baked Fish Polloc w/Tartar Sauce Roasted Potatoes Ice Cream DINNER Italian Sausage Casserole Garlic Bread Pistachio Pudding	31 BREAKFAST Orange Juice, Toast Cheese Omelet, Hash Browns LUNCH Salisbury Steak, Mashed Potatoes Mixed Vegetables Jello DINNER Egg Salad Sandwich Lettuce & Tomato Blueberry Tart