

# Nutrition Menu

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## January-2020

Office Hours: 9am-1pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lunch is Served at 11:45am Milk is Served With Each Meal			 Closed	BBQ Chicken Leg Quarter Peas Cinnamon Apples Mac & Cheese Cornbread	Roast Beef/ Cheese Sub Garden Salad Mandarin Oranges Cookie	
5	Beef Stroganoff Green Beans Applesauce Cornbread Pudding	Baked Pork Chop Collards Potatoes Au Gratin or Scalloped Fruit Crisp Roll	Meatloaf w/red sauce Lima Beans Pineapple Chunks Brown Rice Bread/Roll	BBQ Sandwich Coleslaw Fresh Fruit Buttered Potatoes Graham Crackers	Chicken Salad Beets Orange Juice Pasta Salad Crackers Angel Cake	11
12	Leg Quarter Oven Fried Peas Pineapple Baked Potato Roll	Spaghetti w/ Meat Sauce California Blend Veggies Baked Spiced Apples Garlic Bread Pudding	Smoked Sausage w/bun Baked Beans Cabbage Brownies	Baked Turkey Carrots Cranberry Sauce Bread Stuffing Brown Rice Pudding	Beef Stew w/ Potatoes & Vegetables Garden Salad Orange Juice Wheat Roll Fruit Cobbler	18
19	 Closed	Roasted Pork w/Gravy Stewed Potatoes Orange Succotash Cornbread Cookie	Beef Tips w/Gravy Sautéed Spinach Brown Rice Peaches Roll	Fish Filet Broccoli Potatoes Au Gratin Strawberries Wheat Roll Pudding	Cheeseburger w/Bun Baked Beans Baked Cinnamon Apples Cake	25
26	Turkey Sausage with peppers Carrots Roasted Potatoes Roll Peach Cobbler	Baked Ham California Blend Vegetables Sweet Potato w/Marshmallows Pears Bread	Chili w/beef Broccoli Orange Juice Pimento Cheese Sandwich Jello	BBQ Chicken Leg Quarter Peas Cinnamon Apples Mac & Cheese Cornbread	Roast Beef/ Cheese Sub Garden Salad Mandarin Oranges Cookie	Donations are Accepted, Needed and Appreciated!