

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Closed Happy New Year!	3 Chicken Parmigiana w/ Egg Noodles, Green Beans, Garlic Bread, Garden salad, Fruit, Milk <i>Cal:1090, Carb: 111g Fib:5g, Fat 53g Sodium 1520</i>	4 Beef Barley Soup w/ Focaccia Bread, Broccoli Salad, Garden Salad, Fruit, Milk, Vanilla Pudding <i>Cal:1090, Carb: 111g Fib:5g, Fat 53g Sodium 1520</i>	5 Shrimp Scampi w/ Polenta Stuffed Mushroom, Garden salad, Fruit, Milk <i>Cal:970, Carb: 35g Fib:6g, Fat 53g Sodium 1520</i>	6 Hawaiian Pork & Peppers. Coconut rice, Fortune Cookies, Garden salad, Fruit, Milk <i>Cal:1090, Carb: 111g Fib:5g, Fat 53g Sodium 1520</i>	7
9 French dip Sandwich w/ Au Jus, Steakfries, Garden Salad, Fruit, Milk <i>Cal:1130, Carb: 100g Fib:10g, Fat 49g Sodium 620</i>	10 Pasta Primavera w/ alfredo sauce, Garlic Bread, Garden salad, Fruit, Milk, Brownie <i>Cal:1420, Carb: 162g Fib:8g, Fat 74g Sodium 950</i>	11 Zuppa Toscana w/ Focaccia Bread, Glazed Carrots, Garden salad, Fruit, Milk <i>Cal:820, Carb: 77g Fib:9g, Fat 21g Sodium 800</i>	12 Chicken Marsala, Baked Potato, Dinner Roll, Garden Salad, Fruit, Milk <i>Cal:860, Carb: 91g Fib:9g, Fat 30g Sodium 470</i>	13 Crispy Cod Fish w/ Tartar Sauce, Sweet Potato Fries, Broccoli, Garden Salad, Milk, Carrot Cake <i>Cal:770, Carb: 62g Fib:10g, Fat 42g Sodium 700</i>	14
16 Closed Martin Luther King Holiday	17 Beef Spaghetti w/ Garlic Bread, Garden Salad, Fruit, Milk, Blueberry Cobbler <i>Cal:850, Carb: 104g Fib:6g, Fat 13g Sodium 510</i>	18 Cajun Shrimp with Jambalaya Rice, Broccoli, Garden Salad, Fruit, Milk <i>Cal:690, Carb: 70g Fib:13g, Fat 30g Sodium 660</i>	19 Pork Tenderloin w/ Choke Cherry Sauce, Scalloped Potatoes, Dinner Roll, Garden Salad, Fruit, Milk <i>Cal:1270, Carb: 97g Fib:8g, Fat 72g Sodium 970</i>	20 Turkey Tetrazzini over Egg Noodles, Sauteed Squash, Garden Salad, Fruit, Milk <i>Cal:1120, Carb: 66g Fib:5g, Fat 31 Sodium 1870</i>	21
23 Pulled Pork Sandwich w/ Coleslaw, Baked Beans, Garden Salad, Fruit Milk, Peach Cobbler <i>Cal:1210, Carb: 121g Fib:5g, Fat 53g Sodium 1520</i>	24 Garden Vegetable Quiche w/ Wilted Spinach, Dinner roll, Garden Salad, Fruit, Milk <i>Cal:960, Carb: 80g Fib:15g, Fat 511g Sodium 900</i>	25 Chicken Fajitas w/ Tortillas, Salsa, Pinto Beans, Garden Salad, Fruit Milk, Chocolate Cake <i>Cal:870, Carb: 94g Fib:11g, Fat 38g Sodium 850</i>	26 Meatloaf w/ Mashed Potatoes, Sweet corn, Garden Salad, Fruit Milk <i>Cal:970, Carb: 124g Fib:8g, Fat 36g Sodium 1220</i>	27 Pork Colorado, Spanish Rice, Garden Salad, Fruit, Milk, Banana Pudding <i>Cal:1050, Carb: 83g Fib:8g, Fat 46g Sodium 1320</i>	28

<p>30 Cod Piccata, Brown Rice, Glazed Carrots, Garden Salad, Fruit, Milk, German Chocolate Cake <i>Cal:920, Carb: 89g Fib:12g, Fat 42g</i> <i>Sodium 560</i></p>	<p>31 Pork Chops with Sauteed Apples, Sweet Potatoes, Dinner roll, Garden Salad, Fruit Milk <i>Cal:1070, Carb: 89g Fib:11g, Fat 54g</i> <i>Sodium 390</i></p>	<p>1 <i>Suggested donation</i> <i>\$10.00 per meal</i> <i>Includes Main course, side, Salad, fresh fruit & Milk or Juice</i></p>	<p>2 January 2023 in the Community Café For Reservations Call before 9am 970-264-2167</p>	<p>3 Due to Covid-19, Food Shortages may result in Substitutions</p>	
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