

Friendly Meals Grab & Go Menu

January
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>Friendly Meals ¹ will be CLOSED in observance of the holiday.</p>
4	5	6	7	8
Stuffed Chicken with Southern Cornbread Stuffing Mashed Potatoes Three Bean Mix with Red Peppers Vanilla Pudding with	Beef Stroganoff with Onions & Mushrooms Rotini Noodles Brussels Sprouts Seasoned Apples	Chicken-n-Biscuits Red Potatoes Broccoli Florets Pineapple Cake with Cream	Vegetables Quiche California Mixed Vegetables Tropical Fruit Salad	Roast Turkey with Gravy Mashed Potatoes Winter Squash Pumpkin Cookie
11	12	13	14	15
Roast Pork with Sauce Diced Potatoes Harvard Beets Orange	Swedish Steak with Mushroom Sauce Mashed Potatoes with Sour Cream Capri Blend Vegetables Apples with Cinnamon	Turkey Burger Vegetable Gravy Mashed Potatoes Green, Waxed & Black Beans Pears	Chicken, Corn & Potato Chowder with Crackers Broccoli Chocolate Chip Cookie	Baked Cheese Lasagna Rollettes with Meat Sauce Spinach Pineapple Chunks
18	19	20	21	22
Pork Chop with Pineapple Sauce Mashed Sweet Potatoes Green Beans Carrot Cake with Icing	Chicken Breast with Vegetable Sweet-n-Sour Sauce Vegetable Rice Pilaf Broccoli Florets Tapioca Pudding with Peaches	Roast Pork with Sauce Boiled Potatoes Cabbage & Carrots Applesauce	Chopped Steak with Brown Sauce Baked Beans Diced Carrots Melon	Oven Fried Chicken Breast Diced Potatoes with Parsley Peas & Carrots Clementine
25	26	27	28	29
Mac & Cheese Green Beans Stewed Tomatoes Apple	Meatloaf with Brown Sauce Red Potatoes with Cheddar Winter Mixed Vegetables Date Craisin Bar	Pot Roast with Brown Sauce Mashed Potatoes Beets Fruit Crisp with Cream	Chicken Cordon Bleu with White Sauce Yams & Green Beans Apple	Baked American Goulash over Cavatappi Brussels Sprouts Peaches

Milk and bread are served with meals. A dietetic dessert is available upon request. The menu is subject to change.