



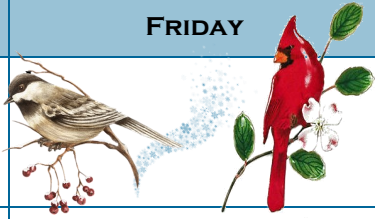








JANUARY 2022

To access ingredient content, call Senior Resources at 419-898-6459
 REHEATING MEALS: If the tray is still sealed, puncture a hole in section to vent.
 Heat for 1.5 to 2 minutes, depending on your appliances power level.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
3 Cheese Ravioli w/Meat Sauce Roasted Cauliflower Pea Salad Orange Wedges Garlic Toast	4 Braised Boneless Beef/Gravy Mashed Potatoes w/Gravy Brussel Sprouts Applesauce Wheat Roll	5 Ham & Au Gratin Potatoes Alt: Turkey instead of Ham Broccoli Fresh Fruit Cup Wheat Roll	6 Italian Baked Chicken Red Bliss Potatoes Lima Beans Pineapple White Roll	7 Chicken Chili/Crackers Baked Potato/Sour Cream Tossed Salad Fruit Cocktail Cornbread Muffin
10 Smothered Pork Chop w/Gravy Mashed Sweet Potatoes Capri Blend Applesauce White Roll	11 Dutch Chicken Oven Roasted Potatoes California Blend Grapes White Roll 	12 Lasagna Green Beans Tossed Salad Mandarin Oranges Garlic Toast 	13 Roast Beef w/Gravy Mashed Potatoes/Gravy Carrots Fruited Gelatin Wheat Roll	14 BBQ Chicken Thigh Baked Beans Cole Slaw Peaches Wheat Roll 
17 Closed Martin Luther King Day 	18 Shredded Chicken Sandwich Oven Browned Potatoes Creamy Cucumber Salad Pears	19 Braised Beef Tips in Gravy Over Egg Noodles Creamed Spinach Peaches—Ambrosia Wheat Bread	20 Meatloaf Mashed Potatoes w/Gravy Carrots Pineapple Wheat Roll	21 Baked Ham ALT: Baked Chicken Scalloped Potatoes Buttered Peas Apricots Wheat Roll
24 Herbed Pork Loin w/Gravy Mashed Potatoes/Gravy Broccoli Fruit Cocktail Wheat Roll	25 Swiss Steak Potato Medley Capri Blend Veggies Pears White Roll 	26 Scrambled Eggs Sausage Links Alt for Sausage = Cottage Cheese French Toast Casserole Cinnamon Apples—Orange Wedges Cucumber Slices/Dip Genoa/Oak Harbor Bday Treat	27 Macaroni & Cheese with Ham Alt: No Ham Stewed Tomatoes Green Beans Fruited Gelatin Wheat Bread 	28 Oven Fried Chicken Breast Mashed Potatoes w/Gravy Creamed Corn Pineapple Wheat Roll Danbury/HDM Bday Treat
31 Swedish Meatballs Over Egg Noodles Broccoli Mandarin Oranges Waldorf Salad Wheat Bread	