

# January Hot Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>31</b>  <b>CLOSED</b>	<b>1</b>  <b>CLOSED</b>	<b>2</b> MEAT LASAGNA 49gm CALIFORNIA BLEND VEGETABLES 1gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>3</b> QUICHE LORRAINE WITH BACON 4gm POTATOES O'BRIEN 12gm PEACH CRISP 22gm FRUIT MUFFIN 16gm
<b>6</b> VEGETABLE ALFREDO 18gm WAX BEANS & PEPPERS 5gm CARAMEL CAKE 34gm WHOLE GRAIN ROLL 35gm	<b>7</b> COUNTRY FRIED CHICKEN 28gm MASHED POTATOES & GRAVY 28gm SWEET CORN 15gm PEACH COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>8</b> SPINACH PEPPER QUICHE 20gm VEGETARIAN SAUSAGE PATTY 3gm CINNAMON APPLES 16gm FRUIT MUFFIN 16gm	<b>9</b> MACARONI & CHEESE 19gm SAUTEED SPINACH 3gm OATMEAL CAKE 36gm WHOLE GRAIN ROLL 35gm	<b>10</b> FRENCH TOAST BAKE 27gm RUTABAGA HASH 48gm SAUSAGE LINKS 0gm FRUIT MUFFIN 16gm
<b>13</b> CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm BUTTERMILK BISCUIT 21gm	<b>14</b> VEGETABLE LASAGNA 56gm HARVARD BEETS 8gm MIXED BERRY CRISP 18gm WHOLE GRAIN ROLL 35gm	<b>15</b> SHEPHARDS PIE 10gm CHEDDAR MASHED POTATOES 20gm SWEET RED CABBAGE 3gm VANILLA CHEESECAKE 16gm WHOLE GRAIN ROLL 35gm	<b>16</b> CHICKEN POT PIE 14gm MAPLE GLAZED CARROTS 15gm APPLE CRUMB CAKE 56gm WHOLE GRAIN ROLL 35gm	<b>17</b> PORK ROAST 2gm MASHED POTATOES & GRAVY 17gm CORN, PEAS, & CARROTS 6gm RICE PUDDING 18gm WHOLE GRAIN ROLL 35gm
<b>20</b> SPAGHETTI & MEATSAUCE 44gm GREEN BEANS & CARROTS 7gm PEACH CRISP 22gm WHOLE GRAIN ROLL 35gm	<b>21</b> SESAME CHICKEN 27gm WHITE RICE WAX BEANS & PEPPERS 5gm PINEAPPLE UPSIDE DOWN CAKE 28gm CHOW MEIN NOODLES 9gm	<b>22</b> PULLED PORK 5gm POTATOES O'BRIEN 12gm CARROT CAKE 23gm HAMBURGER BUN 21 gm	<b>23</b> CHICKEN PARMESAN 43gm BRUSSEL SPROUTS 7gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>24</b> BEEF CHILI 22gm WAX BEANS & PEPPERS 5gm BANANA BREAD PUDDING 17gm CORNBREAD MUFFIN 30gm
<b>27</b> CHICKEN AND RICE CASSEROLE 42gm SAUTEED CARROTS 4gm WARM CINNAMON APPLES 2gm WHOLE GRAIN ROLL 35gm	<b>28</b> MEATLOAF AND GRAVY 18gm MASHED POTATOES 17gm STEWED TOMATOES 4gm CORN PUDDING 22gm WHOLE GRAIN ROLL 35gm	<b>29</b> BEEF ENCHILADA BAKE 13gm CILANTRO RICE 27gm APPLE COBBLER 26gm WHOLE GRAIN ROLL 35gm	<b>30</b> HERB ROASTED CHICKEN 0gm BRUSSEL SPROUTS 7gm CHERRY CRISP 19gm WHOLE GRAIN ROLL 35gm	<b>31</b> SMOTHERED PORKLOIN 5gm COLLARD GREENS 4gm WARM CINNAMON APPLES 20gm WHOLE GRAIN ROLL 35gm



If you are not available to receive your daily meal, please call ahead of time to cancel. 269-382-0515. Kalamazoo, Ext. 300. Calhoun, Ext. 350.

