



# Congregate City Fare Menu January 2023




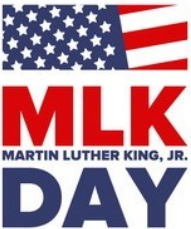


Monday

Tuesday

Wednesday

Thursday

Friday

<p>1/2</p> 	<p>1/3 Stuffed Salmon Roasted Baby Bakers Winter Blend Veggies Diced Pears Chocolate Pudding</p>	<p>1/4 Meatloaf with Marsala Mushroom Gravy Macaroni &amp; Cheese Brussels Sprouts Applesauce Dinner Roll</p>	<p>1/5 Chili with Mozzarella Cheese Baked Potato Corn Bread Orange Sour Cream</p>	<p>1/6 Pork with Gravy over Mashed Potatoes Green Beans Fruit Cocktail Ultimate Grain Bread</p>
<p>1/9 Herbed Baked Chicken Roasted Baby Bakers Italian Beans Chocolate Bread</p>	<p>1/10 Meatballs in Marinara over Penne Pasta Mixed Salad with Onion &amp; Tomato Applesauce Ultimate Grain Bread</p>	<p>1/11 Chicken &amp; Dumplings Scandinavian Blend Veggies Diced Peaches Yogurt</p>	<p>1/12 Ham &amp; Swiss on Club Roll Lettuce, Tomato &amp; Onion Orange Cream of Broccoli Soup Crackers</p>	<p>1/13 Salisbury Steak with Gravy Mashed Potatoes Spinach Diced Pears Cornbread Loaf</p>
<p>1/16</p> 	<p>1/17 Stuffed Pepper with Marinara Sauce Mashed Potatoes Cooked Apples 12 Grain Bread</p>	<p>1/18 Chicken Cordon Bleu Mashed Potatoes w. Gravy Cherry Graham Tart With Whipped Cream Broccoli</p> 	<p>1/19 Turkey &amp; Swiss on a Club Roll Lettuce, Tomato &amp; Onion Diced Peaches Cream of Potato Soup with Bacon Crackers</p>	<p>1/20 Beef Burgundy over Egg Noodles Key West Veggies Orange 12 Grain Bread</p>
<p>1/23 Salmon w. Lemon Dill Sauce Baked Potato Broccoli White Wheat Bread Rice Pudding Sour Cream</p>	<p>1/24 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Tropical Fruit</p>	<p>1/25 Turkey with Gravy Baked Sweet Potato Nantucket Blend Veggies Fresh Apple White Wheat Bread Cranberry Sauce</p> 	<p>1/26</p> <p style="text-align: center;"><b>Lunch Bingo</b></p>	<p>1/27 Curry Coconut Chicken Brown Rice Capri Blend Veggies Pineapples Giant Graham Fish</p>
<p>1/30 Swedish Meatballs over Egg Noodles California Blend Veggies 12 Grain Bread Tropical Fruit</p>	<p>1/31 Fire Braised Chicken Stew Mixed Salad with Onion &amp; Tomato Peach Cobbler Ultimate Grain Honey Bread</p>	<p>2/1 Pot Roast with Gravy Baked Potato Crinkle Cut Carrots Applesauce Dinner Roll Sour Cream</p>	<p>2/2 Chicken Supreme with Gravy Sweet Potatoes Peas Fresh Pear Cranberry Sauce</p>	<p>2/3 Seasoned Flounder Macaroni &amp; Cheese Stewed Tomatoes Banana Yogurt Sundae</p>

- All meals subject to change. All meals contain 1% milk
- Meals are ordered according to projected number; over that number, back-up meals will be available.

- Saturday Mid Day meals served at St. Anthony's
- Tuesday Evening Meals served at St. Anthony's Senior Center