

# January 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

## #1 Week 1 of Fall Menu Cycle

- 1/2/2023 M COA Closed - New Year's Day Observed  
1/3/2023 Tu No MOW Delivery  
1/4/2023 W Pork Chop, Sauteed Cabbage, Roasted Potatoes, Roll w/Butter, Juice, Milk  
1/5/2023 Th Turkey Chef Salad with Mixed Salad Greens, Tomatoes, Dressing; Chickpea Salad, Crackers, Pineapple, Milk  
1/6/2023 F Roasted Chicken Leg, Mac & Cheese, Broccoli, Salad w/Cranberries & Vinaigrette, Corn Muffin, Cookie, Milk

## #2 Week 2 of Fall Menu Cycle

- 1/9/2023 M Roasted Stuffed Chicken, White/Wild Rice Blend, Dilled Carrots, Pears, Juice, Cookie, Milk  
1/10/2023 Tu Roast Turkey Sandwich w/Lettuce, Tomato, Onion; Waldorf Salad (No Nuts), Fruit Cocktail, Juice, Milk  
1/11/2023 W Pasta w/Meat Sauce, Spinach Salad w/Tomatoes, Apple Slices, Bread w/Butter, Juice, Milk  
1/12/2023 Th Tuna Salad Sandwich w/Lettuce & Tomato, Black Bean Pepper Salad, Bread w/Butter, Mandarin Oranges, Milk  
1/13/2023 F Meatloaf w/Mushroom Gravy, Mashed Potatoes, Peas & Pearl Onions, Bread w/Butter, Juice, Cookie, Milk

## #3 Week 3 of Fall Menu Cycle

- 1/16/2023 M COA Closed - Dr. Martin Luther King, Jr. Day  
1/17/2023 Tu No MOW Delivery  
1/18/2023 W Chicken Fajitas w/Salsa & Sour Cream, Red Peppers, Mexican Rice, Peaches, Juice, Milk  
1/19/2023 Th Salmon Salad on Bed of Lettuce w/Vinaigrette, Confetti Corn Salad, Crackers, Orange, Juice, Milk  
1/20/2023 F Beef-A-Roni, Green Beans, Roll w/Butter, Applesauce, Juice, Cookie, Milk

## #1 First Week of Winter Menu Cycle

- 1/23/2023 M Oven Browned Chicken Thigh, Mashed Potatoes, Brussels Sprouts, Diced Pears, Juice, Cookie, Milk  
1/24/2023 Tu Ham Salad w/Whole Grain Bread, Broccoli & Cauliflower Salad, Diced Pears, Milk  
1/25/2023 W Stuffed Bell Pepper w/Ground Beef, Tomato Sauce, Rice w/Butter Pat, Mandarin Oranges, Milk  
1/26/2023 Th Cobb Salad w/Grilled Chicken, Spring Mix, Cucumber/Tomato, 3-Bean Salad, Roll & Butter, Pineapple, Milk  
1/27/2023 F Breaded Pollock w/Tartar Sauce, Harvard Beets, Carrots, Peas, Bread & Butter, Juice, Milk

## #2

- 1/30/2023 M BBQ Pork Chop, Scalloped Potatoes, Steamed Broccoli, Banana, Brownie, Milk  
1/31/2023 Tu Egg Salad Sandwich, Beets, Mandarin Oranges, Juice, Milk  
2/1/2023 W Hot Turkey with Gravy, Mashed Potatoes, Sauerkraut, Pineapple, Juice, Milk  
2/2/2023 Th Turkey Wrap w/Tortilla, Swiss Cheese, Spinach, Tomato, Mayo Pack; Pasta Salad, Apple, Grape Juice, Milk  
2/3/2023 F Cheese Lasagna, 3-Bean Salad, Whole Orange, Oatmeal Cookie, Milk

# February 2023 Senior Menus

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## #2

- 1/30/2023 M BBQ Pork Chop, Scalloped Potatoes, Steamed Broccoli, Banana, Brownie, Milk  
1/31/2023 Tu Egg Salad Sandwich, Beets, Mandarin Oranges, Juice, Milk  
2/1/2023 W Hot Turkey with Gravy, Mashed Potatoes, Sauerkraut, Pineapple, Juice, Milk  
2/2/2023 Th Turkey Wrap w/Tortilla, Swiss Cheese, Spinach, Tomato, Mayo Pack; Pasta Salad, Apple, Grape Juice, Milk  
2/3/2023 F Cheese Lasagna, 3-Bean Salad, Whole Orange, Oatmeal Cookie, Milk

## #3

- 2/6/2023 M Garlic & Herb Chicken, Baked Potato w/Butter & Sour Cream Pack, Green Beans, Mandarin Oranges, Cookie, Milk  
2/7/2023 Tu Taco Salad w/Ground Beef, Cheese, Red/Green Peppers, Black Beans, Corn, Salsa, Tortilla Shell; Juice, Milk  
2/8/2023 W Baked Pork Chop, Au Gratin Potatoes, Carrot Coins Seasoned w/Dill, Orange, Milk  
2/9/2023 Th Chicken Salad Sandwich, Carrot & Raisin Salad, Banana, Juice, Milk  
2/10/2023 F Lemon Pepper Tilapia, Rice w/Butter Pat, Steamed Broccoli, Pears, Brownie, Milk

## #4

- 2/13/2023 M Italian Sausage w/Red Peppers & Onions on Bun, Broccoli, Juice, Cookie, Milk  
2/14/2023 Tu Bologna & Cheese Sandwich w/Mustard Pack, Tossed Salad w/Dressing, 3-Bean Salad, Applesauce, Juice, Milk  
2/15/2023 W Spaghetti & Meatballs w/Tomato Sauce, Side Spinach Salad w/Dressing, Garlic Bread, Pineapple, Milk  
2/16/2023 Th Turkey Chef Salad w/Dressing, Diced Tomatoes, Mixed Salad Greens; Peaches, Bread & Butter, Milk  
2/17/2023 F Vegetable Chili w/Kidney, Black & Pinto Beans; Cornbread, Diced Peaches, Cookie, Milk

## #1

- 2/20/2023 M COA Closed - Presidents' Day  
2/21/2023 Tu No MOW Delivery  
2/22/2023 W Stuffed Bell Pepper w/Ground Beef, Tomato Sauce, Rice w/Butter Pat, Mandarin Oranges, Milk  
2/23/2023 Th Cobb Salad w/Grilled Chicken, Spring Mix, Cucumber/Tomato, 3-Bean Salad, Roll & Butter, Pineapple, Milk  
2/24/2023 F Breaded Pollock w/Tartar Sauce, Harvard Beets, Carrots, Peas, Bread & Butter, Juice, Milk

## #2

- 2/27/2023 M BBQ Pork Chop, Scalloped Potatoes, Steamed Broccoli, Banana, Brownie, Milk  
2/28/2023 Tu Egg Salad Sandwich, Beets, Mandarin Oranges, Juice, Milk  
3/1/2023 W Hot Turkey with Gravy, Mashed Potatoes, Sauerkraut, Pineapple, Juice, Milk  
3/2/2023 Th Turkey Wrap w/Tortilla, Swiss Cheese, Spinach, Tomato, Mayo Pack; Pasta Salad, Apple, Grape Juice, Milk  
3/3/2023 F Cheese Lasagna, 3-Bean Salad, Whole Orange, Oatmeal Cookie, Milk

# March 2023 Senior Menus

DATE *Note: Menus Subject to Change without Notice*

## #2

- 2/27/2023 M BBQ Pork Chop, Scalloped Potatoes, Steamed Broccoli, Banana, Brownie, Milk  
2/28/2023 Tu Egg Salad Sandwich, Beets, Mandarin Oranges, Juice, Milk  
3/1/2023 W Hot Turkey with Gravy, Mashed Potatoes, Sauerkraut, Pineapple, Juice, Milk  
3/2/2023 Th Turkey Wrap w/Tortilla, Swiss Cheese, Spinach, Tomato, Mayo Pack; Pasta Salad, Apple, Grape Juice, Milk  
3/3/2023 F Cheese Lasagna, 3-Bean Salad, Whole Orange, Oatmeal Cookie, Milk

## #3

- 3/6/2023 M Garlic & Herb Chicken, Baked Potato w/Butter & Sour Cream Pack, Green Beans, Mandarin Oranges, Cookie, Milk  
3/7/2023 Tu Taco Salad w/Ground Beef, Cheese, Red/Green Peppers, Black Beans, Corn, Salsa, Tortilla Shell; Juice, Milk  
3/8/2023 W Baked Pork Chop, Au Gratin Potatoes, Carrot Coins Seasoned w/Dill, Orange, Milk  
3/9/2023 Th Chicken Salad Sandwich, Carrot & Raisin Salad, Banana, Juice, Milk  
3/10/2023 F Lemon Pepper Tilapia, Rice w/Butter Pat, Steamed Broccoli, Pears, Brownie, Milk

## #4

- 3/13/2023 M Italian Sausage w/Red Peppers & Onions on Bun, Broccoli, Juice, Cookie, Milk  
3/14/2023 Tu Bologna & Cheese Sandwich w/Mustard Pack, Tossed Salad w/Dressing, 3-Bean Salad, Applesauce, Juice, Milk  
3/15/2023 W Spaghetti & Meatballs w/Tomato Sauce, Side Spinach Salad w/Dressing, Garlic Bread, Pineapple, Milk  
3/16/2023 Th Turkey Chef Salad w/Dressing, Diced Tomatoes, Mixed Salad Greens; Peaches, Bread & Butter, Milk  
3/17/2023 F Vegetable Chili w/Kidney, Black & Pinto Beans; Cornbread, Diced Peaches, Cookie, Milk

## #1

- 3/20/2023 M Oven Browned Chicken Thigh, Mashed Potatoes, Brussels Sprouts, Diced Pears, Juice, Cookie, Milk  
3/21/2023 Tu Ham Salad w/Whole Grain Bread, Broccoli & Cauliflower Salad, Diced Pears, Milk  
3/22/2023 W Stuffed Bell Pepper w/Ground Beef, Tomato Sauce, Rice w/Butter Pat, Mandarin Oranges, Milk  
3/23/2023 Th Cobb Salad w/Grilled Chicken, Spring Mix, Cucumber/Tomato, 3-Bean Salad, Roll & Butter, Pineapple, Milk  
3/24/2023 F Breaded Pollock w/Tartar Sauce, Harvard Beets, Carrots, Peas, Bread & Butter, Juice, Milk

## #2

- 3/27/2023 M BBQ Pork Chop, Scalloped Potatoes, Steamed Broccoli, Banana, Brownie, Milk  
3/28/2023 Tu Egg Salad Sandwich, Beets, Mandarin Oranges, Juice, Milk  
3/29/2023 W Hot Turkey with Gravy, Mashed Potatoes, Sauerkraut, Pineapple, Juice, Milk  
3/30/2023 Th Turkey Wrap w/Tortilla, Swiss Cheese, Spinach, Tomato, Mayo Pack; Pasta Salad, Apple, Grape Juice, Milk  
3/31/2023 F Cheese Lasagna, 3-Bean Salad, Whole Orange, Oatmeal Cookie, Milk