

Ashley & Zeeland Menu for January 2022

All meals include ~ 2 slices of Whole Grain Bread, 1 Cup of 1 Milk, Margarine and Coffee

Monday	Tuesday	Wednesday	Thursday	Friday
3 <u>Evening Meal</u> Pork roast Baked rice Squash Applesauce	4	5 Hamburger on a bun Texas corn Coleslaw Jello	6	7 Lasagna Green beans Garlic toast Fruit
10 <u>Evening Meal</u> Meatloaf Creamed potatoes Peas & carrots Fruit	11	12 Chicken patty Carrots Tator tots Blushing pears	13	14 Meatballs in gravy over noodles Mixed vegetables Mandarin oranges
17 <u>Evening Meal</u> Ham Baked potato Sweet & sour cabbage Peaches	18	19 Noodle soup Meat sandwich 3 bean salad Pineapple	20	21 BBQ on a bun Parsley potatoes Corn Cherries
24 <u>Evening Meal</u> Turkey Mashed potatoes Green bean casserole Cranberry salad	25 Pork riblette Hashbrowns Baked beans Fruit	26 Fish Potato wedges Creamed peas Apricots	27	28
31 <u>Evening Meal</u> Cabbage roll Mashed potatoes Vegetable blend Pears	Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!			

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please call at least 1 day prior to sign up for meals. By 10 am for Noon meals. By 3 pm for evening meals. No late calls!</p>	1	<p>2 Turkey noodle casserole Green beans Cranberries</p>	3	<p>4 Lasagna Garlic toast Vegetables Blushing pears</p>
<p>7 <u>Evening Meal</u> Beef stew Biscuit Fruit</p>	8	<p>9 Pork riblette on a bun Hashbrown bake Baked beans Fruit cocktail</p>	10	<p>11 Fishwich 3 bean salad Tator tots Apricots</p>
<p>14 <u>Evening Meal</u> Ham Scalloped potatoes Garden vegetables Applesauce</p>	15	<p>16 Roast beef Baked potato Carrots Cherries</p>	17	<p>18 Vegetable soup Meat sandwich Peas & cheese salad</p>
<p>21 <u>Evening Meal</u> Sausage Baked potato Creamed peas Pineapple</p>	<p>22 Noodle soup Meat sandwich Carrot raisin salad Fruit</p>	<p>23 Beef stroganoff over noodles Garden vegetables Plums</p>	24	25
<p>28 <u>Evening Meal</u> Meatloaf Mashed potatoes Peas & carrots Mandarin oranges</p>				