

Gackle 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 Stuffed peppers Scalloped potatoes Corn Peaches Cookie	4 Pork chop Dressing Candied carrots Pears in jello Cupcake	5 Spaghetti Lettuce salad Cucumbers & tomatoes Garlic toast Applesauce	6	7
10 Chicken Rice Peas & carrots Applesauce Donut	11 Lasagna Beans Garlic toast Pears Pudding	12 Pork roast Strudels Potatoes & carrots Peaches Cookie	13	14
17 Hamburger rice hotdish Corn Brownie Pears	18 Turkey Mashed potatoes Green beans Tropical fruit	19 BBQ on a bun Tator tots Peas & carrots Peaches Ice cream	20	21
24 Tilapia Potatoes Coleslaw Peaches Cookie	25 BBQ ribs Baked potatoes Corn Applesauce Cookie	26 Meatballs Mashed potatoes Green beans Pears Ice cream	27	28
31 Chicken chow mein Rice Peas & carrots Peaches Donut				

Gackle Menu for February 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Roast beef Mashed potatoes Green beans Tomatoes Peaches Cookie	2 Knoephla Sauerkraut Ham Applesauce Cookie	3	4
7 Chili & beans over potatoes Corn Pears Cupcake	8 Hot hamburger Mashed potatoes Green beans Applesauce Cookie	9 Chicken Rice Peas & carrots	10	11
14 Meatloaf Baked potatoes Mixed vegetables Pears	15 Lasagna Garlic toast Corn Peaches Ice cream	16 Strudels Carrots & potatoes Garlic toast Applesauce Cookie	17	18
21 Cabbage roll Mashed potatoes Corn Peaches Cookie	22 Chicken Dumplings Carrots & potatoes Pears Cookie	23 Hamburger steak Baked potato Mixed vegetables Fruit Cookie	24	25
28 Pork chop Dressing Corn Applesauce Cookie				