

Wishek & Lehr Menu January 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken strips Baby bakers Corn Mandarin oranges	4 Bean & ham soup Carrot raisin salad Fruit in jello	5	6 <u>Evening Meal</u> Lasagna Garlic toast Green beans Pineapple Cookie	7
10 Egg rolls Fried rice Cherries	11 Chicken patty on a bun Potato wedges Broccoli & cauliflower Peaches	12	13 <u>Evening Meal</u> Pepper steak Baked rice Glazed carrots Fruit in jello Bar	14
17 Tuna noodle casserole Lettuce salad Pears	18 Beef stroganoff over noodles Wax beans Pineapple	19	20 <u>Evening Meal</u> BBQ pork ribs Sweet potatoes Creamed peas Peaches Cake	21
24 Knoephla soup Chicken salad on a bun Pickled beets Tropical fruit	25 Beef enchilada bake Carrots Banana	26	27 <u>Evening Meal</u> Turkey Mashed potatoes & gravy Stuffing 3 bean salad Cranberries Pie	28
31 Sausage Sauerkraut Mashed potatoes Fruit cocktail		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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<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>	<p>1 Chicken ranch casserole Peas & carrots Fruit in jello</p>	<p>2</p>	<p>3 <u>Evening Meal</u> Meatloaf Au gratin potatoes Buttered beets Blushing pears Cake</p>	<p>4</p>	
	<p>7 Cabbage roll Mashed potatoes Green beans Peaches</p>	<p>8 Sweet & sour chicken Fried rice Pudding Apricots</p>	<p>9</p>	<p>10 <u>Evening Meal</u> Cranberry meatballs Baked potato Mixed vegetables Fruit in jello Bar</p>	<p>11</p>
	<p>14 Spaghetti in meat sauce Garlic bread Broccoli Pineapple</p>	<p>15 Pork chop Baby bakers Cauliflower Mandarin oranges</p>	<p>16</p>	<p>17 <u>Evening Meal</u> Baked chicken Hashbrown bake Green beans Peaches Cake</p>	<p>18</p>
	<p>21 Fish Potatoes Diced carrots Pears</p>	<p>22 White chicken chili Biscuit Broccoli salad Fruit in jello</p>	<p>23</p>	<p>24 <u>Evening Meal</u> Roast beef Mashed potatoes & gravy Pickled beets Fruit salad Cook's choice dessert</p>	<p>25</p>
	<p>28 Shredded beef on a bun Baked beans Potato salad Peaches</p>				