

## Ashley & Zeeland Menu for January 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Center CLOSED</p> 	2	<p>3 <b><u>Evening Meal</u></b>                      Meatballs                      Mashed potatoes &amp; gravy                      Brussels sprouts                      Apricots</p>	<p>4                      Chicken strips                      Hashbrown bake                      Tomato spoon salad                      Fruit salad</p>	<p>5                      Vegetable chowder                      Meat sandwich                      Fruit</p>
<p>8 <b><u>Evening Meal</u></b>                      Chicken w/ alfredo sauce                      Boiled potato                      Glazed carrots                      Peaches</p>	9	<p>10                      Tator tot hotdish                      Peas &amp; cheese salad                      Jello &amp; fruit</p>	11	<p>12                      Lasagna                      Broccoli                      Garlic toast                      Applesauce</p>
<p>15 <b><u>Evening Meal</u></b>                      Salisbury steak                      Parsley potatoes                      Beets                      Vanilla fruit salad</p>	16	<p>17                      Beef tips &amp; gravy                      Over noodles                      Mixed vegetables                      Pineapple</p>	18	<p>19                      Noodle soup                      Meat sandwich                      3 bean salad                      Juice</p>
<p>22 <b><u>Evening Meal</u></b>                      Meatloaf                      Mashed potatoes                      Green beans                      Pears</p>	<p>23                      Chicken breast                      Sweet potatoes                      Mixed vegetables                      Cherries</p>	<p>24                      Lemon pepper fish                      Potato wedges                      Baked beans                      Fruit</p>	25	26
<p>29 <b><u>Evening Meal</u></b>                      Ham                      Baked potato                      Squash                      Fruit</p>	30	<p>31                      Tomato soup                      Cheese sandwich                      Fruity coleslaw                      Mandarin oranges</p>	<p><b>Substitutions may be necessary due to product availability.</b></p>	<p><b>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!</b></p>

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<p>5 <u>Evening Meal</u> Pork roast Mashed potatoes &amp; gravy Buttered beets Plums</p>	6	<p>7 Fish Tator tots Green beans Apricots</p>	8	<p>9 Chicken strips Sweet potatoes Peas &amp; carrots Pears</p>
<p>12 <u>Evening Meal</u> Sausage Sauerkraut Mashed potatoes Peaches</p>	13	<p>14 Taco hotdish Tomato spoon salad Mandarin oranges</p>	15	<p>16 Ham &amp; bean soup Carrot raisin salad Pineapple</p>
<p>19 <u>Evening Meal</u> Pork chop Baked potato Creamed cabbage Apple slices</p>	<p>20 Hamburger on a bun Texas corn Potato wedges Jello</p>	<p>21 Chicken patty Hot potato salad Cheesy broccoli Fruit</p>	22	23
<p>26 <u>Evening Meal</u> Roast beef Sweet &amp; sour cabbage Boiled potatoes Cherries</p>	27	<p>28 Baked chicken Scalloped potatoes Squash Fruit</p>	29	