

Gackle 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
1 Centers CLOSED	2 Stuffed cabbage Mashed potatoes Green beans Banana	3 Roast turkey Mashed potatoes Carrots Applesauce	4 Jud/Gackle Make Up Meal Beef stroganoff & noodles Cauliflower Tossed salad Peaches	5
8 Fish sandwich Augratin potatoes Applesauce	9 Stuffed peppers Mashed potatoes Broccoli Pears	10 Pork roast Strudels Potatoes & carrots	11	12
15 Chicken & noodles Peas Tossed salad Grapes	16 Pork chop Mashed potatoes Beets Fruit	17 Cheese ravioli Broccoli Tossed salad Chicken strips Fruit	18	19
22 Orange chicken Rice Vegetable Tossed salad Fruit	23 Sloppy joe Peas & carrots Tator tots Fruit	24 BBQ ribs Sweet potatoes Beans Fruit	25	26
29 Tilapia Sweet potato Coleslaw Fruit	30 Roast beef Mashed potatoes Broccoli Fruit	31 Chicken Dumplings Carrots Potatoes Fruit		Substitutions may be necessary due to product availability.

Gackle Menu for February 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Substitutions may be necessary due to product availability.		1	2
5 Salisbury steak Mushroom sauce Mashed potatoes Carrots Fruit	6 Spaghetti & meat sauce Tossed salad Garlic toast Fruit	7 Ham Scalloped potatoes Stewed tomatoes Fruit	8	9
12 Lasagna Beans Tossed salad Fruit	13 Bratwurst Baked potato Brussels sprouts Fruit	14 BBQ ribs Baked potato Beans Fruit	15	16
19 Ham Scalloped potatoes Stewed tomatoes Fruit	20 Meatloaf Potato Brussels sprouts Fruit	21 Pork roast Strudels Carrots & potatoes Fruit	22	23
26 Pork chops Potatoes Beets Fruit	27 Tilapia Sweet potatoes Coleslaw Fruit	28 Chicken Dumplings Carrots Potatoes Fruit	29	