

## CRW ELDER SERVICES – JANUARY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2-Jan</b>	<b>3-Jan</b>	<b>4-Jan</b>	<b>5-Jan</b>	<b>6-Jan</b>
<b>CLOSED IN OBSERVANCE OF NEW YEARS DAY!</b>	<u>POTATO POLLOCK FILET</u> SANDWICH ON A BULKIE ROLL w/TARTAR SAUCE WHIPPED POTATOES, DICED CARROTS, w/MARGARINE, VANILLA PUDDING	BEEF STEW w/POTATOES, PEAS AND CARROTS WHITE RICE, BROCCOLI WHEAT BREAD w/MARGARINE, FRESH ORANGE	BREADED PORK CHOP W/ L.S. GRAVY AU GRATIN POTATO, MIXED VEGETABLES, MULTIGRAIN BREAD w/MARGARINE, APPLESAUCE	BAKED MACARONI & CHEESE w/ <u>DICED</u> AND STEWED <u>TOMATOES</u> ON THE SIDE, SPINACH, WHEAT BREAD w/MARGARINE, PINEAPPLE CHUNKS
<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>	<b>12-Jan</b>	<b>13-Jan</b>
SWEDISH MEATBALLS W/ L.S. GRAVY, WHIPPED POTATO, SEASONED CARROTS, WHEAT BREAD w/MARGARINE, OATMEAL COOKIE	<u>DICED CHICKEN</u> W/ ORANGE SAUCE, OVER BROWN RICE, BRUSSEL SPROUTS DINNER ROLL w/MARGARINE, FRESH APPLE	<u>STUFFED SHELLS</u> w/ <u>MEAT SAUCE</u> , ITALIAN BLEND VEGETABLE, SCALI BREAD w/MARGARINE, CHILLED <u>SLICED PEARS</u>	ROASTED TURKEY w/LS GRAVY, HERB STUFFING, CHUCK WAGON VEGETABLES, CRANBERRY SAUCE, MULTI-GRAIN WHEAT BREAD w/MARGARINE, MANDARIN ORANGES	<u>MARTIN LUTHER KING DAY MEAL</u> SALMON BOAT W/ CHIVE & HERB SAUCE, PARSLEY POTATOES, GREEN PEAS, WHEAT BREAD w/MARGARINE CHOCOLATE PUDDING CUP
<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>	<b>19-Jan</b>	<b>20-Jan</b>
<b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY!</b>	<u>ROAST CHICKEN</u> W/ L.S. GRAVY, SWEET POTATO, GREEN BEANS, MULTIGRAIN ROLL w/MARGARINE, *LEMON GRAHAM COOKIE*	SALISBURY STEAK w/LS GRAVY, TINY WHOLE POTATOES, CUT CORN, WHEAT DINNER ROLL w/MARGARINE, FRESH APPLE	<u>CHICKEN STEW</u> , WHITE RICE, BROCCOLI, WHEAT BREAD w/MARGARINE, FRESH ORANGE	<u>CHEESE LASAGNA</u> w/ <u>TOMATO SAUCE</u> , MEATBALL ASPARAGUS, DINNER ROLL w/MARGARINE,, BIRTHDAY CAKE W/ WHIP TOPPING
<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>	<b>26-Jan</b>	<b>27-Jan</b>
<u>ROAST PORK</u> W/ APPLE GRAVY, SWEET POTATOES, SLICED CARROTS, DINNER ROLL w/MARGARINE, PINEAPPLE TIDBITS	<u>BREADED CHICKEN BREAST</u> ON A BUN W/ MAYO PKT. SCALLOPED POTATOES, MIXED VEGETABLES, MULTIGRAIN WHEAT BREAD, w/MARGARINE, <u>CHERRY MUFFIN SNK N' LOAF</u>	<u>MEATLOAF</u> w L.S. GRAVY, MASHED POTATO, PEAS & CARROTS, DINNER ROLL w/MARGARINE, FRESH PEAR	*PIER 17 FISH* W/ TARTAR SAUCE, ROASTED POTATOES, BUTTERNUT SQUASH WHEAT BREAD W/ MARGARINE, <u>APPLE CUTIE PIE</u>	ROAST <u>CHICKEN</u> W/ DIJON MUSTARD SAUCE, BROWN RICE, GREEN BEANS, MULTIGRAIN WHEAT ROLL & MARGARINE, <u>PEACH CUP</u> *HIGH SODIUM*
<b>30-Jan</b>	<b>31-Jan</b>			
OVEN <u>ROASTED CHICKEN</u> , W/ LEMON MUSHROOM SUPREME SAUCE, PARSLEY POTATOES, BROCCOLI, WHEAT ROLL W/ MARGARINE, FRESH OATMEAL COOKIE	SWEET AND SOUR MEATBALLS, WHITE RICE, MIXED VEGETABLES, WHEAT BREAD W/ MARGARINE, FRESH TANGERINE			