



# Lunch menu

## January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken and broccoli rice casserole <b>2</b> Green beans Sliced carrots Brownie Beverage	Pot roast with carrots and onions <b>3</b> Chef's choice of veggie Mashed potatoes Fresh fruit Beverage	Baked chicken with mushroom gravy <b>4</b> Okra and tomatoes Broccoli Macaroni & cheese Fruit cocktail Beverage	Sloppy joes <b>5</b> Hamburger bun Baked beans Cole slaw Fruit cobbler Beverage	Fish filet <b>6</b> Tossed salad w/ dressing English peas Red rice Orange Beverage
Beef stroganoff <b>9</b> Roasted Brussel sprouts Butter beans Fruit cocktail Beverage	Chicken fingers with sauce <b>10</b> Baked beans Carrot raisin salad Fruit cobbler Beverage	Chili with beef <b>11</b> Cabbage Corn soufflé Chocolate chip cookie Beverage	Barbeque chicken <b>12</b> Green beans Squash casserole Roll Fresh fruit Beverage	Meatloaf with gravy <b>13</b> Mashed potatoes Sliced carrots Baked apples Beverage
Lasagna w/meat sauce <b>16</b> Vegetable medley Green peas Vanilla pudding Beverage	Baked chicken w/gravy <b>17</b> Collard greens Butter beans Corn muffin Fruit cocktail Beverage	Beef stew with carrots and potatoes <b>18</b> Steamed broccoli Yellow rice Lemon pound cake Beverage	Chicken & dumplings <b>19</b> Green beans Sliced carrots Orange Beverage	Lemon baked fish <b>20</b> Okra and tomatoes Grits Cole slaw Fruit cobbler Beverage
Salisbury steak w/gravy <b>23</b> Egg noodles Steamed broccoli Sweet carrots Diced pears Beverage	Stir-fry chicken with broccoli and carrots <b>24</b> Cabbage Brown rice Pineapple tidbits Beverage	Barbeque pulled pork <b>25</b> Potato wedges Cole slaw Bun Apple crisp Beverage	Brunswick stew <b>26</b> Steamed squash Butter beans Corn muffin Fresh fruit Beverage	Spaghetti w/meat sauce <b>27</b> Tossed salad w dressing Green beans Garlic bread Fruit cobbler Beverage
Chicken and broccoli rice casserole <b>30</b> Green beans Sliced carrots Brownie Beverage	Pot roast with carrots and onions <b>31</b> Chef's choice of veggie Mashed potatoes Fresh fruit Beverage			

\*Menu subject to market availability

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