



Monday	Tuesday	Wednesday	Thursday	Friday
For your safety, if you cannot eat all of your meal or if you are not ready to eat your meal, REFRIGERATE IT RIGHT AWAY! Do not leave it sitting out. Please be safe. Each meal served with milk low fat milk.	Suggested Donation \$3.50	01. 	02. Chicken Vesuvio Mashed Potatoes Cauliflower & red peppers Wheat bread Mandarin oranges	03. Citrus Alaska Pollock Vegetable rice pilaf Vegetables Multi grain dinner roll Fresh melon
06. Hot Roast Beef Mashed Potatoes Peas & carrots Wheat Bread Fresh Orange	07. BBQ Riblet Oven Fries Black Beans & corn What sandwich Bun Whole apple	08. Corn Dusted Flounder Whole wheat roll Broccoli Cheddar Soup Cottage cheese Tossed garden salad Fruit	09. Turkey Trio & Provolone Sub Tossed Garden Salad Split pea soup Cottage cheese Banana	10. KFC 2. Pieces of Chicken Mashed Potatoes Biscuit Coleslaw Dessert
13. Bavarian Bratwurst Diced Parslied Potatoes Carrots Rye Bread Fresh Melon	14. Chicken Chardonnay Mashed Potatoes Broccoli Multigrain Bread Fresh Orange Chocolate Pudding	15. Texas Chili Mac & cheese Vegetables Multi grain bread Fruit Cup	16. Stuffed Cabbage roll Wheat Roll Wild rice soup Tossed garden salad Cottage cheese, chilled pears	17. Baked Pollock Piccata Baked potato Vegetables Wheat bread Lemon mandarin pudding
20. Closed for the Holiday Martin Luther King Day	21. Turkey Pot Roast Baked Potato Peas & carrots Multi grain bread Cup of fruit Banana	22. Spaghetti & meatball Broccoli Wheat Bread Chilled Peaches	23. Chicken tenders in country Chicken gravy Bread stuffing Sweet Potato mashed Bean & tomato Apple, Pea salad	24. Crab alfredo Penne pasta Zucchini red peppers Vegetable Fruit Cup Multi grain dinner roll
27. Baked Meatloaf Cauliflower mashed Potatoes Mixed vegetables Wheat dinner roll Pineapple	28. BBQ Pulled pork Oven fries Carrot raisin salad Wheat sandwich Bun Warm apple crumble	29. Miso Glazed chicken Thigh Scalloped potatoes Baked bean casserole Wheat bread Fruit Jello	30. Cheese Omelette Hash Browned potatoes Whole wheat Biscuit Apple Juice Fruit Yogurt Fresh orange	31. Grilled Cheese Burger Potato salad Baked Beans Hamburger Bun Water melon



JANUARY

2025

Monday

Tuesday

Wednesday

Thursday

Friday



02.

03.

06..

07.

08. Let's have some

09.

10.

13. Wii Bowling with Oak street 12:00pm

14.

15. Restaurant Day

16.

17.

20.

21.

22.

23.

24.

27.

28.

29.

30.

31.

Menu subject to change due to availability of items. Funds in whole or in part for this publication were provided through an ward from Age Option under title 111 of the older Americans Act as administered through the Illinois Department on Aging and federal administration on Aging. Community Nutrition Network does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; the Age Discrimination Act the age Discrimination in Employment Act; and the U.S. and Illinois Constitutions. If you feel you have discriminated against, you have the right to file a complaint. For information dial [1-800-252-8965](tel:1-800-252-8965) (Voice and TD)