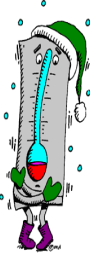



JANUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
	3. Pork sauerkraut Mashed potatoes Brussel sprouts Applesauce	4 Cheese Burger French fries Peas Tropical fruit .	5. French bread pizza Salad Broccoli Apple juice	6. Chicken nuggets Baked potato Asparagus Mixed fruit
9. Salad w/turkey Peaches Chocolate muffin	10. Spaghetti w/ meat Sauce Italian green beans Cauliflower Breadstick	11. Pork roast Sweet potatoes Peas Pineapple tidbits	12. Chili w/beans Broccoli Tropical fruit Cornbread	13. Chicken salad w/ roll Potato salad Sliced tomato Applesauce
16. Shredded chicken Sandwich French fries Italian veg blend Orange juice	17. Salisbury steak Mashed potatoes Italian green beans Strawberries	18. Beef stir fry Rice Peaches Vegetable juice	19. Turkey sausage Breakfast potatoes Pineapple tidbits Banana English muffin	20. Vegetable beef soup Spring mix w /grape Tomatoes Grape juice Crackers
23. Taco casserole Spring mix w/grape Tomatoes Mixed fruit, corn, Rice Tortilla chips	24. Roast beef w/cheese On bun Broccoli Peaches Applesauce	25. Chicken fajita salad Tropical fruit Breadsticks Muffin	26. Cabbage rolls w/ sauce Mashed potatoes Italian green beans Pineapple tidbits Sour dough roll	27. Chicken noodle soup Crackers Capri blend Escalloped apples
30. Egg omelet French toast Banana Orange juice	31. Meatloaf Mashed potatoes Broccoli Mixed fruit			

Menu subject to change. This menu is for all Home-Delivered Meals, MOW and the lunches served at the Norwalk Center at 11:30 (419-668-6245)

And at the Willard Center at 11:30. (419-933-4701)

You must be signed up by 12:30 the day before by stopping in or calling

