












**Connections AAA - Congregate
January 2019**

Tuesday 1/1/2019	Wednesday 1/2/2019	Thursday 1/3/2019	Friday 1/4/2019	
Closed	Hamburger Patty Potato Salad Baked Beans Wheat Hamburger Bun Spiced Apples Coffee Milk Ketchup Mustard	Baked Chicken Breast Lemon Dill Sauce  Mashed Sweet Potatoes Seasoned Green Peas Wheat Roll Rocky Road Pudding  Coffee Milk Margarine	Beef Chili with Beans Baked Potato Tossed Salad Saltine Crackers Pineapple Upside Down Cake Coffee Milk Margarine (2) Sour Cream Salad Dressing	
Monday 1/7/2019	Tuesday 1/8/2019	Wednesday 1/9/2019	Thursday 1/10/2019	Friday 1/11/2019
Roast Beef Brown Gravy Whipped Potatoes California Vegetable Blend Wheat Roll Birthday Cake Coffee Milk Margarine	Chicken Fettucini Alfredo  Glazed Baby Carrots Wheat Bread Peaches Coffee Milk Margarine	Breaded Fish Fillet Parslied Potatoes Stewed Tomatoes Wheat Hamburger Bun Pineapple Tidbits Coffee Milk Tartar Sauce	Salisbury Beef Baked Sweet Potato Paprika Garlic Cauliflower  Wheat Roll Chocolate Chip Cookie Coffee Milk Margarine (2)	Pineapple Chicken Red Potatoes Roasted Brussels Sprouts Wheat Roll Fresh Seasonal Fruit Coffee Milk Margarine
Monday 1/14/2019	Tuesday 1/15/2019	Wednesday 1/16/2019	Thursday 1/17/2019	Friday 1/18/2019
Cheese Omelet Roasted Diced Potatoes Hot Apples with Raisins Cinnamon Roll Orange Juice Coffee Milk Margarine	Beef Goulash Mixed Beans Wheat Bread Mixed Fruit Coffee Milk	Tomato Basil Chicken Baked Potato Mixed Vegetables Wheat Roll Chocolate Chip Brownie  Coffee Milk Margarine (2) Sour Cream	Meatloaf Brown Gravy Mashed Red Potatoes Sliced Carrots Multi-Grain Bread  Banana Pudding  Coffee Milk Margarine	Turkey Breast Turkey Gravy Sweet Potato Casserole  Green Peas Wheat Roll Mandarin Oranges Coffee Milk Margarine
Monday 1/21/2019	Tuesday 1/22/2019	Wednesday 1/23/2019	Thursday 1/24/2019	Friday 1/25/2019
Breaded Pollock Baked Potato Broccoli Wheat Roll Fresh Seasonal Fruit Coffee Milk Tartar Sauce Margarine (2) Sour Cream	Spaghetti Casserole Seasoned Green Beans Mixed Green Salad Peaches Coffee Milk Margarine Ranch Dressing	Pulled Pork BBQ Sauce Whole Kernel Corn Baked Beans Wheat Hamburger Bun Fresh Seasonal Fruit Coffee Milk	Beef Stew Green & Red Cabbage Biscuit Applesauce Coffee Milk Margarine	Baked Chicken Breast w/Gravy Whipped Potatoes Lima Beans Wheat Bread Carnival Cookie Coffee Milk Margarine
Monday 1/28/2019	Tuesday 1/29/2019	Wednesday 1/30/2019	Thursday 1/31/2019	**MENU SUBJECT TO CHANGE WITHOUT NOTICE**
Liver & Onions or Beef with Onion Gravy Whipped Potatoes Roasted Brussels Sprouts Wheat Roll Fruit Cocktail Coffee Milk Margarine	Tuna Noodle Casserole Green Peas Carrots Dinner Roll Mandarin Oranges Coffee Milk Margarine	BBQ Pork Rib Patty Parslied Potatoes Coleslaw Wheat Hamburger Bun Sliced Apples Coffee Milk Red Onion & Pickles	Taco Meat Lettuce & Tomato Shredded Cheese Mixed Beans Tortilla Chips Cinnamon Sugar Cookie  Coffee Milk Taco Sauce	

 Indicates Meal is High in Sodium  Indicates New Menu Item