

JANUARY 2023

LUNCH SERVED MONDAY—FRIDAY
 11:30AM-12:30PM

SUGGESTED DONATION:
 \$2.00 FOR AGE 60+

(304) 296-9812

MILK OR DAIRY SERVED WITH EACH LUNCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>2</p> <p>Closed in observance of New Year's Day</p>	<p>3</p> <p>PEPPERONI ROLL BROCCOLI CHEESE SOUP FRUIT SMOOTHIE</p>	<p>4</p> <p>CHICKEN POT PIE MASHED POTATOES/ GRAVY FRUIT CUP</p>	<p>5</p> <p>SWEDISH MEATBALLS ROLL W/BUTTER PEAS BEETS FRESH FRUIT</p>	<p>6</p> <p>TURKEY WRAP W/ SPINACH & CHEESE CARROTS FRUIT</p>	<p><u>Delivery Days</u> Monday—Frozen on 12/28 Tuesday—1 hot meal Wednesday—1 hot meal Thursday—meals for</p>
<p>8</p> 	<p>9</p> <p>TOMATO SOUP CRACKERS CHICKEN TENDERS</p>	<p>10</p> <p>STUFFED PEPPERS RICE BROCCOLI CHEESE STICK FRUIT</p>	<p>11</p> <p>CORNDOG NUGGETS SWEET POTATO WEDGES GREEN BEANS</p>	<p>12</p> <p>BEEF STEW BISCUIT / BUTTER V8 JUICE FRUIT</p>	<p>13</p> <p>CRISPY CHICKEN SALAD BREAD STICK FRESH FRUIT</p>	<p>14 <u>Normal schedule</u> Monday -1 hot meal Tuesday- meals for Tue & Wed Thursday-meals for Thur & Fri</p>
	<p>1</p> <p><i>We will be Closed on MLK Day</i></p>	<p>17</p> <p>CHICKEN STIR FRY VEGETABLE RICE ASIAN VEGETABLES BROCCOLI EGGROLL</p>	<p>18</p> <p>PORK CHOPS SWEET POTATOES GREEN BEANS ROLL W/ BUTTER FRESH FRUIT</p>	<p>19</p> <p>FISH NUGGETS CORN COLESLAW FRUIT</p>	<p>20</p> <p>POPCORN CHICKEN MASHED POTATOES & GRAVY PEAS WG CRACKERS</p>	<p><u>Delivery Days</u> Monday—Frozen on 1/11 Tuesday—1 hot meal Wednesday—1 hot meal Thursday—meals for</p>
	<p>23</p> <p>CRISPY CHICKEN SANDWICH FRENCH FRIES PEAS & CARROTS</p>	<p>24</p> <p>PINTO BEANS CORNBREAD SPINACH ROASTED POTATOES CHEESE STICK</p>	<p>25</p> <p>PANCAKES SAUSAGE PATTY EGG STEWED TOMATOES HASH BROWNS</p>	<p>26</p> <p>CHILI DOGS ON WG BUN TATER TOTS MIXED VEGETABLE</p>	<p>27</p> <p>CRABCAKE ROLL W/BUTTER POTATO WEDGES BROCCOLI NORMANDY</p>	<p>28 <u>Normal schedule</u> Monday -1 hot meal Tuesday- meals for Tue & Wed Thursday-meals for Thur & Fri</p>
<p>29</p>	<p>30</p> <p>SALISBURY STEAK MASHED POTATOES GRAVY MIXED VEGETABLES ROLL W/ BUTTER FRUIT</p>	<p>31</p> <p>BBQ PORK ON WG BUN BROCCOLI 3 BEAN SALAD</p>	<p>1 TBD</p>	<p>2 TBD</p>	<p>3 TBD</p>	<p><u>Normal schedule</u> Monday -1 hot meal Tuesday- meals for Tue & Wed Thursday-meals for Thur & Fri</p>