

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><u>LUNCH</u> Braised Fish in Wine Sauce Whole Wheat Spaghetti Seasonal Vegetables Pie of the Day</p> <p><u>DINNER</u> Spanish Sausage &amp; Chicken Paella Steamed Peas Broccoli Salad w/ Dried Cranberries Carmel Flan</p> <p>New Year's Day</p>	<p><b>2</b></p> <p><u>LUNCH</u> Pan Seared Steak Au Gratin Potatoes Green Beans Almandine Chocolate Cake</p> <p><u>DINNER</u> Olive Oil Shrimp Pasta Roasted Cherry Tomatoes Garlic Crostini Cesar Salad Apple Pie</p>	<p><b>3</b></p> <p><u>LUNCH</u> Kosher Hot Dogs Kosher Dill Pickles Israeli Cucumber Salad Frosted Cookies</p> <p><u>DINNER</u> Grilled Portobello Mushroom Panini Sauteed Spinach &amp; Bell Pepper Side of Fruit Cream Puffs</p>	<p><b>4</b></p> <p><u>LUNCH</u> Ground Turkey &amp; Rice Skillet Roasted Asparagus Garlic Naan Sponge Cake</p> <p><u>DINNER</u> Beef Stroganoff Egg Noodles Side of Peas Ice Cream Sandwich</p>	<p><b>5</b></p> <p><u>LUNCH</u> BBQ Chicken Corn on the Cob Baked Beans Coconut Cream Cake</p> <p><u>DINNER</u> Swedish Meatballs Mashed Potatoes Steamed Broccoli Peach Turnover</p>	<p><b>6</b></p> <p><u>LUNCH</u> Country Fried Steak Smashed Root Vegetables Braised Cabbage Strawberry Ice Cream</p> <p><u>DINNER</u> Vegetable Stir Fry Egg Fried Rice Oriental Salad Ice Cream Sandwich</p>	<p><b>7</b></p> <p><u>LUNCH</u> Classic Lasagna Garlic Bread Steamed Squash Cream Puffs</p> <p><u>DINNER</u> Crispy Chicken Taquitos Refried Beans Guacamole Side Mixed Greens Salad Sponge Cake</p>
<p><b>8</b></p> <p><u>LUNCH</u> Hunter-Style Chicken Barley Pilaf and Mixed Veggies Ginger Cream Cake</p> <p><u>DINNER</u> Crispy Salmon Cakes Tartar Sauce &amp; Lemon Sauteed Spinach Vanilla Ice Cream</p>	<p><b>9</b></p> <p><u>LUNCH</u> Vietnamese Shrimp Noodle Salad Cucumber &amp; Carrot Slaw Fried Eggrolls Banana Split</p> <p><u>DINNER</u> Chicken Salad Sandwich in Pita Side of Chips Fruit Parfait</p>	<p><b>10</b></p> <p><u>LUNCH</u> Beef Skewers Couscous Pilaf Mixed Vegetables Vanilla Pudding</p> <p><u>DINNER</u> Glazed Orange Chicken Steamed Jasmine Rice Oriental Vegetables Fluffy Sponge Cake</p>	<p><b>11</b></p> <p><u>LUNCH</u> Beef Goulash Garlic Bread and Vegetables Fruit Jell-O</p> <p><u>DINNER</u> Thai Coconut Yellow Curry Chicken Snap Peas &amp; Mushroom Stir Fry Mango Sticky Rice</p>	<p><b>12</b></p> <p><u>LUNCH</u> Honey Garlic Pork Mashed Potatoes Green Beans Chocolate Eclairs</p> <p><u>DINNER</u> Cannelloni in Tomato Basil Sauce Garlic Bread Vegetable Succotash Ambrosia Salad</p>	<p><b>13</b></p> <p><u>LUNCH</u> Lemon Fish Picatta Baked Butternut Squash Side of Vegetables Wedding Cake</p> <p><u>DINNER</u> Chicken Tinga Tacos Guacamole &amp; Chips Pinto Bean Salad Churro</p>	<p><b>14</b></p> <p><u>LUNCH</u> Po' Boy Sandwiches Corn on the Cob Baked Beans Ice Cream Sandwich</p> <p><u>DINNER</u> Pesto Gnocchi Crumbled Bacon &amp; Parmesan Garlic Bread Side Salad Vanilla Ice Cream</p>
<p><b>15</b></p> <p><u>LUNCH</u> Broccoli Chicken Brown Rice Spinach, Berry Walnut Salad Angel Food Cake</p> <p><u>DINNER</u> Italian Sausage Penne Pasta Green Beans Ice Cream Sandwich</p>	<p><b>16</b></p> <p><u>LUNCH</u> Spaghetti Bolognese Garlic Bread and Vegetables Orange Cake</p> <p><u>DINNER</u> Classic Chef's Salad Dinner Roll Cookies</p> <p>Martin Luther King Jr. Day</p>	<p><b>17</b></p> <p><u>LUNCH</u> Meatloaf w/ Gravy Mashed Potatoes Vegetables Succotash Fruit Jell-O</p> <p><u>DINNER</u> Crab Cakes Tartar Sauce &amp; Lemon Side of Caesar Salad Fruit Salad</p>	<p><b>18</b></p> <p><u>LUNCH</u> Mushroom Chicken Au Gratin Potatoes Peas and Carrots Pineapple Upside Down Cake</p> <p><u>DINNER</u> Roast Beef Panini Onion Rings Side of Fruit Cake of the Day</p>	<p><b>19</b></p> <p><u>LUNCH</u> Southern Fried Chicken Corn on the Cob Baked Beans Chocolate Pudding</p> <p><u>DINNER</u> Cheese Quesadilla Pico de Gallo Refried Beans Peach Turnover</p>	<p><b>20</b></p> <p><u>LUNCH</u> Herb Crusted Tilapia Tartar Sauce Cous Cous and Vegetables Strawberry Cake</p> <p><u>DINNER</u> Stuffed Manicotti Garlic Roll Mixed Vegetables Bread Pudding</p>	<p><b>21</b></p> <p><u>LUNCH</u> Sweet &amp; Sour Pork Brown Rice Vegetables Caramel Flan</p> <p><u>DINNER</u> Chicken Parmigiana Crusted Eggplant and Cauliflower Strawberry Ice Cream</p>
<p><b>22</b></p> <p><u>LUNCH</u> Turkey Burger w/ Avocado Potato Fries Side of Fresh Fruit Pie ala Mode</p> <p><u>DINNER</u> Macaroni and Cheese Broccoli &amp; Cauliflower Chocolate Eclairs</p> <p>Chinese New Year (Year of the Rabbit)</p>	<p><b>23</b></p> <p><u>LUNCH</u> Ranch Chicken Barley Pilaf &amp; Vegetables White Chocolate Chip Cookies</p> <p><u>DINNER</u> Stuffed Baked Potato w/ Meat Sauce Spinach Salad Vanilla Pudding</p> <p>Activity Professionals Week</p>	<p><b>24</b></p> <p><u>LUNCH</u> Parchment Garlic Butter Salmon Pasta Shells Roasted Squash Cake of the Day</p> <p><u>DINNER</u> Ginger Soy Sauce Chicken Fried Rice and Vegetables Peach Cobbler</p>	<p><b>25</b></p> <p><u>LUNCH</u> Seared Pork Chops Roasted Red Potatoes Steamed Broccoli Ginger Cake</p> <p><u>DINNER</u> Mediterranean Chicken Salad Crispy Garbanzo Beans Lemon Orzo Ambrosia Salad</p>	<p><b>26</b></p> <p><u>LUNCH</u> Korean Style Ground Beef Steamed Jasmine Rice Cucumber Salad Slice of Pie</p> <p><u>DINNER</u> Kielbasa Sausage Pink Sauce Bow Tie Pasta Mixed Vegetables Chocolate Cake</p> <p>Australia Day (observed)</p>	<p><b>27</b></p> <p><u>LUNCH</u> Fish and Chips Peas and Carrots Cole Slaw Ice Cream</p> <p><u>DINNER</u> Chicken Pasta Primavera Roasted Squash Medley Caramel Custard</p>	<p><b>28</b></p> <p><u>LUNCH</u> Classic Cheeseburger French Fries Side Salad Cheese Cake</p> <p><u>DINNER</u> Enchiladas Pinto Beans Guacamole &amp; Sour Cream Roasted Corn &amp; Squash Churro</p>
<p><b>29</b></p> <p><u>LUNCH</u> Pepperoni Flatbread, Side of Caesar Salad Butter Pecan Ice Cream</p> <p><u>DINNER</u> Classic Cobb Salad Dinner Roll Side of Fruit Danish Pastry</p>	<p><b>30</b></p> <p><u>LUNCH</u> Mushroom Chicken Marsala Roasted Root Vegetables Chef's Cake of the Day</p> <p><u>DINNER</u> Vegetable Egg Roll Steamed Rice Chinese Mandarin Salad Cookies</p>	<p><b>31</b></p> <p><u>LUNCH</u> Tuna Melt Crispy Tater Tots Cole Slaw Banana Split</p> <p><u>DINNER</u> Southwest Beef Taco Salad Black Beans Side of Avocado Chef's Dessert of the Day</p>	 <p>EVERGREEN RETIREMENT <i>January 2023</i> MENU</p>			