


Horizons January 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>CLOSED for HOLIDAY</p>	<p>2</p> <p>Open Face Hot Pork Sandwich (1) Open Face Meatloaf Sandwich (1) Mashed Potatoes & Gravy (1.5) Stewed Tomatoes & Zucchini (.5) Fresh Orange (1.5) Skim Milk (1)</p>	<p>3</p> <p>Scalloped Potatoes & Ham (2.5) Macaroni & Cheese (3) Broccoli (.5) Pears (1) Skim Milk (1)</p>
6	7	8	9	10
<p>Cheese Omelet</p> <p>Pancakes (2) w/Blueberry Sauce Syrup (1.5) & Margarine Turkey Sausage Links O'Brien Potatoes (1.5) Warm Fruit Compote (1) Banana (2) Skim Milk (1)</p>	<p>Beef Stroganoff</p> <p>Lasagna (1) Spinach (.5) Gelatin w/ Mandarin Oranges (1.5) 6 Vanilla Wafers (1) WW Bread (1) Skim Milk (1)</p>	<p>Chicken Cordon Bleu on Bun (1.5) BBQ Beef on Bun (1.5) 1/2 Baked Potato (2) Sour Cream Island Blend Vegetables (.5) Watermelon (.5) Skim Milk (1)</p>	<p>Pork Loin & Gravy</p> <p style="text-align: center;">Beef Pot Roast & Gravy</p> <p>Steamed Baby Red Potatoes(2) Carrot & Cabbage Casserole(.5) Cake(2) Skim Milk(1)</p>	<p>Oven Fried Chicken (.5)</p> <p>Lemon Baked Tilapia Mashed Potatoes & Gravy (1) 5 Veggie Mix (1) Fresh Orange (1) Oatmeal Cookie (1) Skim Milk (1)</p>
13	14	15	16	17
<p>Macaroni & Ground Beef(1)</p> <p>Alfredo Chicken on Noodles(1.5) Italian Green Beans Orange Apricot Gelatin(1) WW Bread(1) Skim Milk(1)</p>	<p>Swiss Steak(1)</p> <p>Apple Brown Sugar Pork Chop 1/2 Baked Potato & Sour Cream(2) Chateau Vegetables(.5) WW Bread (1) Skim Milk (1)</p>	<p>Turkey & Dressing (1.5)</p> <p>Baked Fish on Veggie Rice Pilaf(1.5) Country Corn Casserole (1) Banana (2) Chocolate Pudding(1) Skim Milk (1)</p>	<p>Marinara Beef</p> <p>Chicken Parmesan Asparagus Pea Medley(1) Pineapple(10) Raisin Bread Pudding(2) Skim Milk (1)</p>	<p>Chicken Nuggets(1)</p> <p>Fish Sticks(1) Dilled Baby Red Potatoes(1.5) Broccoli(.5) Orange(1) Sugar Cookie(1) Skim Milk(1)</p>
20	21	22	23	24
<p>CLOSED</p> 	<p>Swedish Meatballs on Noodles Shepards Pie California Vegetables Yogurt & Berry Medley(1) WW Bread (1) Skim Milk (1)</p>	<p>Chefs Choice Day</p> <p>Marinated Chicken AuGratin Potatoes Peas and Carrots Gelatin w/Fruit Skim Milk</p>	<p>Zesty Chicken & Rice(2)</p> <p style="text-align: center;">Beef and Noodles(1.5)</p> <p>Succotash(1.5) Banana(2) Blueberry Muffin(2) Skim Milk(1)</p>	<p>Italian Beef Sandwich(1.5)</p> <p>Breaded Fish on WW Bun Crispy Cube potatoes(1.5) Green Beans and Red Peppers Pineapple Skim Milk(1)</p>
27	28	29	30	31
<p>Hamburger on Bun (1.5)</p> <p>Shredded Chicken on Bun(1.5) Potato Wedges(2) Stewed Tomatoes & Zucchini(.5) Fresh Apple(1.5) Cereal Bar(2) Skim Milk(1)</p>	<p>Chicken Strips(.5) & Tater tots(1)</p> <p>Tater Tot Casserole(2) Corn(1) Creamy Coleslaw(.5) Banana(2) Skim Milk(1)</p>	<p>Pepper Steak(.5)</p> <p>Sweet and Sour Pork (1) Rice(2) Peas(1) Mandarin Oranges & Pineapple(2) Skim Milk(1)</p>	<p>Turkey Tetrazin(2)</p> <p>Italian Spaghetti(2) Breadstick(.5) Broccoli Raisin Salad(2) Orange(1) Skim Milk(1)</p>	<p>Honey Glazed Pork w/ Mashed Potatoes & Gravy (1) Cheese Asparagus Strata (1) Lima Beans (1) Cake & Ice Cream Skim Milk (1)</p>

* This is a Monthly Menu, not Choice Menu please keep for your reference, do not return.