

# January 2018 [Type here]

Monday	Tuesday	Wednesday	Thursday	Friday
1 TRAAC Closed Happy New Year	2 Baked Haddock with lemon caper sauce Wild Rice Broccoli Mandarin Oranges	3 Turkey, brie and cranberry wrap White bean & herb salad	4 Pierogi "Pie" With caramelized onions, bacon & sour cream. Green Salad	5 Pulled Pork on a corn bread waffle with bbq drizzle Cole Slaw Fresh Fruit
8 Beef & vegetable pie with cheddar biscuit top Fresh Fruit	9 Baked Eggplant Parmesan Caesar Salad Whole Wheat Roll	10 Italian wedding soup with sausage and escarole dumpling Served with a Roasted Vegetable Slider with mozz & basil pesto	11 Salmon Burger with cucumber spread, spinach, tomato & pickled red onion Ginger & citrus couscous salad Peaches	12 Chicken cheesesteak flatbread with sautéed mushrooms and onions, zesty ketchup drizzle Mixed greens
15 Grilled Cheese with tomato basil soup	16 Ham and Swiss sliders with lentil soup Pears	17 Stuffed cabbage, mashed potatoes Steamed vegetables Cinnamon Apple sauce	18 Chicken Marsala with wild rice, broccoli and whole wheat roll	19 Biscuits and Sausage gravy Green Salad Fresh fruit
22 Asian Fish and Noodle bowl with bok choy & lemongrass ginger broth Fresh Fruit	23 Baked Ravioli With beef Bolognese & mozzarella cheese Caesar Salad	24 Apple baked pork loin with garlic rosemary baby red potatoes Green beans	25 Chicken, black bean & butternut chili Cheddar & mild chili cornbread	26 Salmon, fennel & dill lasagna (white sauce) Mixed greens salad
29 Italian Chicken Stew Green Salad Whole Grain Roll	30 Pierogi "Pie" With caramelized onions, bacon & sour cream Green Salad	31 Baked Haddock with lemon caper sauce Wild Rice Broccoli Mandarin Oranges		