

JANUARY 2019 | Menu for **Encore** and **PEAK**

Monday	Tuesday	Wednesday	Thursday	Friday
	New Year's Day 1 Cuban Sliders Vegan Black Bean Soup Pineapple Milk	2 Pierogies with Onions and Mushrooms Green Salad Mixed Fruit Milk	3 Roasted Pork with Sauerkraut Mashed Potatoes Sliced Peaches Milk	4 Spaghetti Squash with Shrimp Scampi Green Salad Mandarin Oranges Milk
7 Grilled Chicken with Spinach, Pecans and Feta Cheese Roll Pineapple Milk	8 Ground Beef Stroganoff Roll Mixed Fruit Milk	9 Chick Pea Curry Brown Rice Mandarin Oranges Milk	10 Fish and Chips Cole Slaw Sliced Peaches Milk	11 Sloppy Joe Carolina Slaw Watermelon Milk
14 Baked Haddock Roasted Tomatoes Mac & Cheese Pineapple Milk	15 Beef Stew Roll Green Salad Sliced Peaches Milk	16 Pineapple Chicken with Rice Broccoli Mandarin Oranges Milk	17 Grilled Cheese Tomato Soup Apple Milk	18 Sausage with Peppers and Onions Roasted Potatoes Mixed Fruit Milk
Martin Luther King Day 21 Veggie Burger Fries Green Salad Sliced Peaches Milk	22 Roasted Chicken with Sweet Potatoes Green Beans Mandarin Oranges Milk	23 Baked Ziti Green Salad Whole Wheat Roll Mixed Fruit Milk	24 Meat Loaf with Mushroom Gravy Garlic Mashed Potatoes Green Beans Whole Wheat Roll Apple Milk	25 Grilled Salmon Wild Rice Vegetable Soup Pineapple Milk
28 Roasted Pork with Sauerkraut Mashed Potatoes Sliced Peaches Milk	29 Spaghetti Squash with Shrimp Scampi Green Salad Mandarin Orange Milk	30 Chicken Marsala Wild Rice Broccoli Mixed Fruit Milk	PEAK 31 Special Pizza Lunch and Program Encore Pierogies with Onions and Mushrooms Green Salad Mixed Fruit, Milk	