

Meal Magic

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This is your suggested menu for January. Please choose a total of 30 meals. You may change vegetables or potatoes to suit your preferences.

JANUARY

Choose: Reg / Low Salt / No Salt / Diabetic / Extra Soft

- 3 or 6 Chicken in Gravy with Biscuit OR Without Gravy
Peas: Frozen OR Canned
- 3 or 6 Boneless Chicken Breast strips
Cheesy Potato Au Gratin
Roasted Brussel Sprouts
- 3 or 6 Salmon Fillet
Redskin Cubed Potatoes
Green Beans: Frozen or Canned
- 3 or 6 Pancakes
Sausage Patty
Strawberries
- 3 or 6 Broccoli Cheese Soup
Tomato Herb Flavored Roll with Roast Beef
- 3 or 6 Pork Tenderloin in Cranberry Pecan Sauce OR Plain Pork Tenderloin
Sweet Potato Chunks Lightly Sweetened
Mixed Vegetables
- 3 or 6 Italian Casserole (*ground beef, black olives, corn, tomato, pasta, green pepper, onion, cheddar cheese.*) With Cheese or Without Cheese
Baby Carrots
- 3 or 6 Steak Burger with Cheese and Bun
French Fries
Corn: Frozen or Canned or Creamed
- 3 or 6 Turkey with Brown Gravy
Mashed Potatoes
Frozen Peas