


JANUARY MENU 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/3 IMPOSSIBLE BURGER Garden Salad Roasted Sweet Potato Fries Apple	1/4 BAKED CHICKEN QUARTERS Cous Cous California Blend Vegetables Banana	1/5 LEMON PEPPER BAKED FISH Bowtie Pasta Steamed Green Beans Tangerine	1/6 BBQ MEATLOAF Carrots Mashed Potatoes Grapes	1/7 HONEY APRICOT GLAZED CHICKEN Brown Rice Brussels Sprouts Orange
1/10 CHILI CON CARNE Brown Rice Carrots watermelon	1/11 BREADED POLLOCK Cole Slaw Applesauce French Fries	1/12 ROSEMARY CHICKEN Cous Cous Brussels Sprouts Strawberries	1/13 TUNA FISH SALAD PLATTER Garlic Bread Fresh Sliced Bananas	1/14 OVEN-FRIED CHICKEN Bowtie Pasta with Kasha Italian Cut Green Beans Canned Peaches
1/17 TURKEY LEG/ WINGS Collard Greens Sweet Baked Yams Pear	1/18 BAKED SALMON Brown Rice California Blend Vegetables Oranges 	1/19 CHICKEN CEASAR SALAD Garlic Bread Apple	1/20 HOMEMADE HAMBURGER Garden Salad Rosted Sweet Potato Fries Pear	1/21 BAKED CHICKEN QUARTERS Steamed Broccoli Strawberries
1/24 MEATBALLS WITH GRAVY Baked Potatoes Sauteed String Beans Canned Apricots	1/25 BBQ CHICKEN Cous Cous Steamed Spinach Grapes	1/26 BEEF STEW Brown Rice Baby carrots with Parsley Oranges	1/27 MUSTARD DILL BAKED COD Orzo Pasta California Blend Vegetables Banana	1/28 BAKED CHICKEN QUARTERS Bowtie Pasta Brussel Sprouts Apple
1/31 GROUND TURKEY MEATSAUCE Pasta Mixed Vegetables Apple				
MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE			Funded by the New York City Department for the Aging and your Contributions.	
Kashrut Supervised by the Vaad of Riverdale				