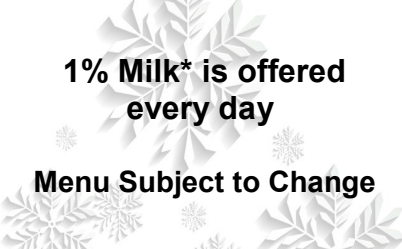
	Tuesday, January 1	Wednesday, January 2	New Year's Meal	Friday, January 4
	<b>The Center is closed.</b>  <b>No MOW delivery</b>		<b>PEPPER STEAK</b> Oriental blend (broccoli, snow Peas, red peppers) Brown rice WW bread Pears	<b>ROAST PORK LOIN</b> Rosemary Red Bliss Potatoes French Green Beans Dinner Roll Chocolate Mousse Apple Juice
Monday, January 7	Tuesday, January 8	Wednesday, January 9	Thursday, January 10	Friday, January 11
<b>CHICKEN MARSALA</b> Red skinned potatoes Green beans almandine WW roll Berry applesauce Orange juice	<b>SLOPPY JOES</b> Carrots and broccoli Wax beans WW hamburger roll Chocolate chip cookie	<b>VEGETABLE OMELET W/ AMERICAN CHEESE</b> Cran-apple compote Hash browns Rye bread Fresh pear	<b>ROTINI W/ MEATBALLS</b> Cauliflower WW bread Peaches	<b>BAKED FISH SANDWICH</b> Lemon herb brown rice Hamburger roll Pineapples
Monday, January 14	Tuesday, January 15	Wednesday, January 16	Thursday, January 17	Friday, January 18
<b>PIZZA BURGER</b> Unseasoned potato wedges Carrots w/ spinach Hamburger roll Mandarin oranges	<b>GARLIC CHICKEN</b> Fried brown rice Sesame green beans WW roll Fresh orange	<b>SLICED BEEF MERLOT</b> Whipped sweet potatoes Roasted beets WW bread Cinnamon applesauce Grape juice	<b>BAKED CHICKEN W/ LIGHT POULET SAUCE</b> Traditional stuffing Carrots, snap peas, broccoli and craisins WW roll Fruit cocktail	<b>BUTTER CRUMB FISH</b> Butter parsley potatoes Ratatouille (eggplant, peppers, chopped tomatoes) WW roll Banana muffin
Monday, January 21	Tuesday, January 22	Wednesday, January 23	Thursday, January 24	Friday, January 25
<b>The Center is closed.</b>  <b>No MOW delivery</b>	<b>ROASTED CHICKEN W/ GARLIC THYME PAN SAUCE</b> Carrots Kale spinach and white beans WW bread Lemon muffin	<b>SLICED HOT ROAST BEEF</b> Mix vegetables (corn, carrot, peas) Club roll Mandarin oranges	<b>CREAMY CHICKEN W/ VEGETABLES</b> Wide noodles Brussels sprouts Rye bread Fruit cocktail	<b>BAKED FISH W/ TOMATO OLIVES &amp; CAPERS</b> Wax bean, green bean Orzo w/ peppers WW roll Applesauce
Monday, January 28	Tuesday, January 29	Wednesday, January 30	Thursday, January 31	NOTES
<b>TORTELLINIS W/ MINI MEATBALLS</b> Zucchini, carrots and yellow Squash Warm cinnamon apples Fresh orange	<b>BBQ CHICKEN</b> Green beans Seasoned potato cubes Whole wheat roll Applesauce	<b>PEPPER STEAK</b> Oriental blend (broccoli, snow Peas, red peppers) Brown rice WW bread Pears	<b>ROSEMARY ROASTED TURKEY W/ LIGHT TURKEY GRAVY</b> Brussel sprouts Corn bread stuffing WW roll Peaches	 <p><b>1% Milk* is offered every day</b></p> <p><b>Menu Subject to Change</b></p>