

January Dinner for Two

	1-Jan	2-Jan	3-Jan	4-Jan	5-Jan	6-Jan
	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Choice 1			
	Yankee Pot Roast, Oven-Roasted Vegetables, Garlic Mashed Potatoes, Honey Whole Wheat Dinner Rolls	Steak and Bacon Meatballs, Garlic Yukon Gold Mashed Potatoes, Green Beans with Toasted Almonds	Home-style Meatloaf, Garlic Mashed Potatoes, Green Beans with Toasted Almonds	Grilled Salmon 1, Orzo with Garden Vegetables Salad, Kale Salad	Buttermilk Pecan Chicken, Yukon Gold Garlic Mashed Potatoes, Green Beans with Toasted Almonds	Mushroom and Cheese Quesadilla, Southwest Vegetable Sauté, Cuban Black Beans
			Choice 2			
	Vegetarian Twice Baked Potatoes, Garden Salad, Roasted Tomato Bisque- \$13.99	Yankee Pot Roast, Oven-Roasted Vegetables, Garlic Mashed Potatoes, Honey Whole Wheat Dinner Rolls	Steak and Bacon Meatballs, Garlic Yukon Gold Mashed Potatoes, Green Beans with Toasted Almonds	Home-style Meatloaf, Garlic Mashed Potatoes, Green Beans with Toasted Almonds	Grilled Salmon 1, Orzo with Garden Vegetables Salad, Kale Salad	Buttermilk Pecan Chicken, Yukon Gold Garlic Mashed Potatoes, Green Beans with Toasted Almonds
7-Jan	8-Jan	9-Jan	10-Jan	11-Jan	12-Jan	13-Jan
Monday	Tuesday	Citrus Starts	Thursday	Friday	Saturday	Sunday
			Choice 1			
Teriyaki Chicken, Bok Choy steamed with garlic, Vegetable Fried Rice	Honey Garlic Flank Steak, Steamed Mixed Vegetables	Puerto Guisado, Lemon Scented Basmati Rice, Romaine Salad with Corn Salsa and Ranch Dressing, CM Flour Tortillas	Lemon Lime Chicken Breast, Mexican Style Red Rice, Cuban-Style Black Beans, CM Flour Tortillas,	Orange Almond-Crusted Tilapia with Orange Onion Fennel Salad, Lemon Scented Jasmine Rice, Roasted Dill Carrots	Chicken Cordon Bleu, Creamed Spinach, Roasted Rosemary Potatoes	Cheese Enchilada with Chili Gravy, Yukon Gold Garlic Mashed Potatoes, Green Beans with Toasted Almonds
			Choice 2			
Mushroom and Cheese Quesadilla, Southwest Vegetable Sauté, Cuban Black Beans	Teriyaki Chicken, Bok Choy steamed with garlic, Vegetable Fried Rice	Honey Garlic Flank Steak, Steamed Mixed Vegetables	Puerto Guisado, Lemon Scented Basmati Rice, Romaine Salad with Corn Salsa and Ranch Dressing, CM Flour Tortillas	Lemon Lime Chicken Breast, Mexican Style Red Rice, Cuban-Style Black Beans, CM Flour Tortillas,	Orange Almond-Crusted Tilapia with Orange Onion Fennel Salad, Lemon Scented Jasmine Rice, Roasted Dill Carrots	Chicken Cordon Bleu, Creamed Spinach, Roasted Rosemary Potatoes
14-Jan	15-Jan	16-Jan	17-Jan	18-Jan	19-Jan	20-Jan
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Choice 1			
Chicken Parmesan with Spaghetti Marinara, Caesar Salad	Lemon Lime Chicken Breast, Mexican Style Red Rice, Cuban-Style Black Beans, CM Flour Tortillas,	King Ranch Chicken, Mexican Style Red Rice, Borracho Beans	Lasagna al Forno, Caesar Salad	Salmon with Chipotle Orange Butter, Greek Style lemon Potatoes and Wilted Spinach	Chipotle Honey Pork Loin, Gruyere Potato Gratin, Garden Salad with Lemon Vinaigrette	Chicken Diablo, Roasted Rosemary Potatoes, Wilted Spinach
			Choice 2			
Cheese Enchilada with Chili Gravy, Mexican Style Red Rice, and Refried Beans	Chicken Parmesan with Spaghetti Marinara, Caesar Salad	Lemon Lime Chicken Breast, Mexican Style Red Rice, Cuban-Style Black Beans, CM Flour Tortillas,	King Ranch Chicken, Mexican Style Red Rice, Borracho Beans	Lasagna al Forno, Caesar Salad	Salmon with Chipotle Orange Butter, Greek Style lemon Potatoes and Wilted Spinach	Chipotle Honey Pork Loin, Gruyere Potato Gratin, Garden Salad with Lemon Vinaigrette
21-Jan	22-Jan	23-Jan	24-Jan	25-Jan	26-Jan	27-Jan
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Choice 1			
Vegetarian Twice Baked Potatoes, Garden Salad, Roasted Tomato Bisque	Herb Dijon Grilled Chicken Breast, Brown Rice Pilaf with Herbs Antipasto Grilled Vegetables	Beef Bourguignon, Thyme Baked Potatoes, Green Beans with Toasted Almonds	Lemon Rosemary Chicken and Antipasto Grilled Vegetables	Cilantro Baked Tilapia, Cilantro Lime Butter, Southwest Vegetable Sauté	Tagine-style Chicken with Olives & Lemon, Lemon-Scented Basmati Rice, Garden Salad with Lemon Vinaigrette, CM French Rolls	Chipotle Grilled Chicken with Tomatillo Avocado Sauce, Mexican Style Red Rice, Southwest Vegetable Sauté
			Choice 2			
Chicken Diablo, Roasted Rosemary Potatoes, Wilted Spinach	Vegetarian Twice Baked Potatoes, Garden Salad, Roasted Tomato Bisque	Herb Dijon Grilled Chicken Breast, Brown Rice Pilaf with Herbs Antipasto Grilled Vegetables	Beef Bourguignon, Thyme Baked Potatoes, Green Beans with Toasted Almonds	Lemon Rosemary Chicken and Antipasto Grilled Vegetables	Cilantro Baked Tilapia, Cilantro Lime Butter, Southwest Vegetable Sauté	Tagine-style Chicken with Olives & Lemon, Lemon-Scented Basmati Rice, Garden Salad with Lemon Vinaigrette, CM French Rolls
28-Jan	29-Jan	30-Jan	31-Jan			
Monday	Tuesday	Wednesday	Thursday			
			Choice 1			
Vegetable Lasagna, Caesar Salad	Honey Garlic Flank Steak, Steamed Mixed Vegetables	Buffalo Chicken Meatballs, Garden Salad with Blue Cheese Dressing, Roasted Rosemary Potatoes	Harissa Chicken, Lemon Horseradish Mashed Potatoes, Broccolini Pepper Saute			
			Choice 2			
Chipotle Grilled Chicken with Tomatillo Avocado Sauce, Mexican Style Red Rice, Southwest Vegetable Sauté	Vegetable Lasagna, Caesar Salad	Honey Garlic Flank Steak, Steamed Mixed Vegetables	Buffalo Chicken Meatballs, Garden Salad with Blue Cheese Dressing, Roasted Rosemary Potatoes			