





# January 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 1</b>	<b>January 2</b>	<b>January 3</b>	<b>January 4</b>	<b>January 5</b>
 <p><i>No meal service</i></p>	<b>Lunch</b> Orange Chicken White rice, crinkle-cut carrots	<b>Lunch</b> Sloppy Joes French green beans	<b>Lunch</b> Chicken Bruschetta White rice, Key West Blend	<b>Lunch</b> Seafood Jambalaya Peas & carrots
	<b>Dinner</b> Hamburger Steak White rice, garden peas Strawberry Romanoff	<b>Dinner</b> Stuffed Cabbage White rice, corn Tiramisu Cake	<b>Dinner</b> Meat Lasagna Baby lima beans Butter mochi	<b>Dinner</b> Huli Huli Style Chicken White rice, mixed vegetables Mocha cheesecake
<b>January 8</b>	<b>January 9</b>	<b>January 10</b>	<b>January 11</b>	<b>January 12</b>
<b>Lunch</b> Hamburger Curry White rice, broccoli spears	<b>Lunch</b> Chicken Long Rice White rice, cut green beans	<b>Lunch</b> Teriyaki Hamburger Sandwich Cut corn	<b>Lunch</b> Hot Turkey Sandwich Sicilian blend	<b>Lunch</b> BBQ Chicken White rice, peas and carrots
<b>Dinner</b> Beef Asado White rice, cut corn Chocolate Haupia Pie	<b>Dinner</b> Sweet Sour Fish White rice, mixed vegetables Apple Crisp	<b>Dinner</b> Beef Stroganoff Egg noodles, garden peas Coconut Cake	<b>Dinner</b> Pork Tofu White rice, chopped spinach Mac Nut Brownie	<b>Dinner</b> Beef Burgundy White rice, cauliflower Cherry Torte Bar
<b>January 15</b>	<b>January 16</b>	<b>January 17</b>	<b>January 18</b>	<b>January 19</b>
 <p><i>No meal service</i></p>	<b>Lunch</b> BBQ Pork Sandwich Mixed vegetables	<b>Lunch</b> Chinese-Style Fresh Fish White rice, vegetable medley	<b>Lunch</b> Chicken Curry White rice, Asian Blend	<b>Lunch</b> Hamburger Steak White rice, broccoli
	<b>Dinner</b> Beef Nishime White rice, chopped spinach Rocky Road Cake	<b>Dinner</b> Chicken Lasagna Garden peas Chocolate Raspberry Truffle Cake	<b>Dinner</b> Roast Pork White rice, Riviera Blend Blueberry Crisp	<b>Dinner</b> Teriyaki Chicken White rice, mixed vegetables Tapioca pudding
<b>January 22</b>	<b>January 23</b>	<b>January 24</b>	<b>January 25</b>	<b>January 26</b>
<b>Lunch</b> Kalua Pork & Cabbage White rice, Capri Blend	<b>Lunch</b> Baked Ziti Garlic bread, chopped spinach	<b>Lunch</b> Hot Roast Beef Sandwich Broccoli spears	<b>Lunch</b> Sautéed Fish Fried rice, sliced carrots	<b>Lunch</b> Chicken Piccata Wild rice pilaf, cut corn
<b>Dinner</b> Beef Curry White rice, cut corn Pecan Pie	<b>Dinner</b> Beef Broccoli White rice, sliced carrots Chocolate Tapioca	<b>Dinner</b> Chicken Nuggets White rice, cut corn Choc Peanut Butter Brownies	<b>Dinner</b> Turkey Tetrazzini Mixed vegetables Cherry Crisp	<b>Dinner</b> Chicken Ala King White rice, broccoli Oreo Cookie Cheesecake

Monday	Tuesday	Wednesday	Thursday	Friday
January 29	January 30	January 31		
<b>Lunch</b> Chicken Enchilada Spanish rice, peas & carrots <hr/> <b>Dinner</b> Hungarian Goulash, egg noodles, crinkle-cut carrots Lemon Bar	<b>Lunch</b> Chinese Style Fresh Fish White rice, mixed vegetables <hr/> <b>Dinner</b> Chicken Curry White rice, garden peas Red Velvet Cake	<b>Lunch</b> Shoyu Chicken White rice, crinkle cut carrots <hr/> <b>Dinner</b> Pork Nishime White rice, green beans Lemon Meringue Pie		

# January Low Sodium 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>January 1</b>	<b>January 2</b>	<b>January 3</b>	<b>January 4</b>	<b>January 5</b>
 <i>No meal service</i>	<b>Lunch</b> SF Grilled Chicken White rice, crinkle-cut carrots <b>Dinner</b> SF Hamburger Patty White rice, garden peas Strawberry Romanoff	<b>Lunch</b> SF Sloppy Joes French green beans <b>Dinner</b> SF Ribs White rice, corn Tiramisu Cake	<b>Lunch</b> SF Broiled Chicken White rice, Key West Blend <b>Dinner</b> SF Hamburger Patty Brown rice, lima beans Butter mochi	<b>Lunch</b> SF Sauteed Fish Brown rice, peas & carrots <b>Dinner</b> SF Baked Chicken White rice, mixed vegetables Mocha Cheesecake
<b>January 8</b>	<b>January 9</b>	<b>January 10</b>	<b>January 11</b>	<b>January 12</b>
<b>Lunch</b> SF Hamburger Patty White rice, broccoli spears <b>Dinner</b> SF Braised Beef White rice, cut corn Chocolate Haupia Pie	<b>Lunch</b> SF Chicken Long Rice White rice, cut green beans <b>Dinner</b> SF Sauteed Fish White rice, mixed vegetables Apple Crisp	<b>Lunch LLS18</b> SF Hamburger Patty Brown rice, cut corn <b>Dinner</b> SF Beef Stroganoff Egg noodles, garden peas Coconut Cake	<b>Lunch</b> SF Hot Turkey Sandwich Sicilian Blend <b>Dinner</b> SF Pork Tofu White rice, chopped spinach Mac Nut Brownie	<b>Lunch</b> SF Broiled Chicken White rice, peas and carrots <b>Dinner</b> SF Beef Burgundy White rice, cauliflower Cherry Torte Bar
<b>January 15</b>	<b>January 16</b>	<b>January 17</b>	<b>January 18</b>	<b>January 19</b>
 <i>No meal service</i>	<b>Lunch</b> SF Kalua Pork Sandwich Mixed vegetables <b>Dinner</b> SF Beef Nishime White rice, chopped spinach Rocky Road Cake	<b>Lunch</b> SF Fish White rice, vegetable medley <b>Dinner</b> SF Turkey Sandwich Garden peas Chocolate Raspberry Truffle Cake	<b>Lunch</b> SF Chicken Curry White rice, Asian Blend <b>Dinner</b> SF Roast Pork White rice, Riviera Blend Blueberry Crisp	<b>Lunch</b> SF Hamburger Patty White rice, broccoli <b>Dinner</b> SF Broiled Chicken White rice, mixed vegetables Tapioca pudding
<b>January 22</b>	<b>January 23</b>	<b>January 24</b>	<b>January 25</b>	<b>January 26</b>
<b>Lunch</b> SF Kalua Pig and Cabbage White rice, Capri Blend <b>Dinner</b> SF Beef Curry White rice, cut corn Pecan Pie	<b>Lunch</b> SF Baked Ziti Chopped spinach <b>Dinner</b> SF Beef Broccoli White rice, sliced carrots Chocolate Tapioca	<b>Lunch</b> SF Roast Beef Sandwich Broccoli spears <b>Dinner</b> SF Fried Chicken White rice, cut corn Choc Peanut Butter Brownies	<b>Lunch</b> SF Sauteed Fish Brown rice, sliced carrots <b>Dinner</b> SF Turkey Tetrazzini Mixed vegetables Cherry Crisp	<b>Lunch</b> SF Chicken Piccata Brown rice, cut corn <b>Dinner</b> SF Chicken Ala King White rice, broccoli Oreo Cookie Cheesecake

Monday	Tuesday	Wednesday	Thursday	Friday
January 29	January 30	January 31		
<b>Lunch</b> SF Grilled Chicken Brown rice, peas & carrots	<b>Lunch</b> SF Sauteed Fish White rice, mixed vegetables	<b>Lunch</b> SF Ginger Chicken White rice, crinkle cut carrots		
<b>Dinner</b> SF Hungarian Goulash, egg noodles, crinkle-cut carrots Lemon Bar	<b>Dinner</b> SF Chicken Curry White rice, garden peas Red Velvet Cake	<b>Dinner</b> SF Pork Nishime White rice, green beans Lemon Meringue Pie		