



C.H.A.M.P.S.S. Lunch Menu

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Garden Vegetable Soup Turkey & Cheese Sandwich Mayonnaise/Mustard Ambrosia Milk/Beverage	31 Chicken Alfredo Over Fettuccini Green Beans with Onions Pineapple Crisp Bread Stick Beverage					1 Hamburger or Cheeseburger on Bun French Fries Relish Plate Ketchup Glazed Applesauce Beverage
2 Beef & Bean Chili Crackers Buttered Carrots (A) Pears Beverage	3 Meatball Sub Sandwich French Fries Ranch Vegetable Salad Fruit Upside Down Cake Ketchup Milk/Beverage	4 Seafood Patty Rice Pilaf Five Way Mixed Cheese Herb Biscuit Sherbet Milk/Beverage	5 BBQ Chicken Chuckwagon Corn Tossed Salad/Dressing Dinner Roll/Margarine Blueberry Bottom Cake Beverage	6 Resident's Choice (3 oz Pro/1 Grain/1 Veg/1 Frt) Beverage	7 Homemade Chicken & Noodles Tossed Salad/Dressing Dinner Roll Mixed Fruit Cup Beverage	8 Country Style BBQ Ribs Braised Cabbage Potato Salad Apple Brown Betty (FR) Dinner Roll/Margarine Beverage
9 Bean Soup Grilled Ham & Cheese Sandwich Buttered Carrots Fresh Fruit Cup Beverage	10 Spaghetti with Meat Sauce Italian Blend Vegetables Tossed Salad/Dressing Apple Crisp Garlic Bread Stick Beverage	11 *Roast Pork Mashed Sweet Potatoes Seasoned Spinach Dinner Roll Tropical Fruit Milk/Beverage	12 Sweet & Sour Chicken Steamed Rice Oriental Vegetables Mandarin Orange Cake Beverage	13 Resident's Choice (3 oz Pro/1 Grain/1 Veg) Beverage	14 Chicken Alfredo Over Penne Buttered Peas Tossed Salad/Dressing Banana Cream Pie Garlic Bread Stick Beverage	15 Beef Fritter Brown Gravy Macaroni & Cheese Steamed Broccoli Frosted Spice Cake Bread & Margarine Beverage
16 Pork Loin Garden Blend Rice Creamy Cole Slaw Fruit Salad Bread & Margarine Beverage	17 Pulled Pork on Bun Baked Beans Four Way Mixed Vegetables Peach Crisp Beverage	18 Beef Soft Taco with Lettuce/Cheese/Tomato Spanish Rice Autumn Fruit Crumble Beverage	19 Meatloaf with Ketchup Glaze Macaroni & Cheese Buttered Corn Pineapple Upside Down Cake Dinner Roll Beverage	20 Minestrone Soup Egg Salad on Croissant Pickled Beet Salad Chocolate Chip Cookie Bar Milk/Beverage	21 Chili Cheese Dog on Bun Tater Tots Green Pea Salad Chocolate Chip Cookies Beverage	22 Cheeseburger on a Bun Potato Chips Lettuce, Tomato, Onion Brownie Beverage
23 Italian Marinated Pork Loin Parslied Buttered Potatoes Broccoli with Cheese Carrot Cake w/Cream Dinner Roll/Margarine Beverage	24 Cheese Enchiladas Spanish Rice Refried Beans Assorted Ice Cream Beverage	25 Creamy Mushroom Chicken Baked Potato w/Sour Cream Buttered Peas Pumpkin Bar Dinner Roll/Margarine Beverage	26 Fried Chicken Macaroni Salad Side Salad w/Dressing Strawberry Rhubarb Pie Dinner Roll Beverage	27 Resident's Choice (3 oz Pro/1 Grain/1 Veg) Beverage	28 Baked Tilapia Tartar Sauce Cheesy Baked Rice & Italian Vegetable Blend Bread & Margarine Pear Crisp Beverage	29 Chicken Noodle Soup Ham Salad Sandwich Fruit Salad Milk/Beverage



C.H.A.M.P.S.S. Dinner Menu

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 Beef Pot Roast with Gravy Baby Bakers Roasted Baby Carrots & Strawberries & Bananas Dinner Roll/Margarine Milk/Beverage	31 Country Fried Steak w/ Gravy Garlic Mashed Potatoes Buttered Peas Chocolate Mousse Bread/Margarine Milk/Beverage	Dinner Menu				1 Chicken Tenders Baked Macaroni & Cheese Green Beans w/ Red Apple Pie Bread & Margarine Milk/Beverage
2 Tuna Noodle Casserole Vegetable Blend Cinnamon Baked Apples Bread/Margarine Milk/Beverage	3 Beef Stroganoff Over Egg Noodles Steamed Broccoli Caesar Salad Bread & Margarine Chocolate Cream Pie Milk/Beverage	4 Herb Roasted Pork Loin with Gravy Sweet Potato Casserole Creamed Spinach Black Forest Cake Bread & Margarine Milk/Beverage	5 Ham & Beans Fried Potatoes & Onions Mandarin Oranges & Pineapple Combread/Margarine Milk/Beverage	6 Homemade Soup of the Day Grilled Turkey & Cheese Sandwich Dill Pickle Spear Cherry Crisp Milk/Beverage	7 Chili Split Frank on Bun Pickled Beet Salad Peanut Butter Bars Ketchup/Mustard Milk/Beverage	8 New England Clam Chowder Tuna Melt on Wheat Green Pea Salad Tropical Fruit Milk/Beverage
9 Fried Chicken Mashed Potatoes & Gravy Corn Pie of the Day Bread & Margarine Milk/Beverage	10 Herb Baked Fish Tartar Sauce Cheesy Rice Canned Green Beans Frosted Chocolate Cake Biscuit Milk/Beverage	11 Cream of Broccoli Soup Patty Melt Crackers Iced Raisin Bars Beverage	12 Cheesy Ham & Hashbrown Casserole Broccoli Slaw (A) Strawberries & Bananas Combread/Margarine Milk/Beverage	13 Philly Cheesesteak Sandwich w/Onions & Rosemary Red Potatoes Marinated Tomato Salad Baked Apple Slices Milk/Beverage	14 Baked Beef Stew w/Biscuit Topping Harvard Beet Salad Tropical Fruit Milk/Beverage	15 Homemade Cream of Tomato Soup Bacon Grilled Cheese Sandwich Four Way Mixed Vegetables Ice Cream Sundae Ketchup/Mustard Milk/Beverage
16 Baked Ham Loaded Mashed Potatoes Asparagus Tips Cherry Pie Combread/Margarine Milk/Beverage	17 Crispy Chicken Sandwich on Bun Potato Chips Green Beans w/ Onions Chocolate Mousse Milk/Beverage	18 Salisbury Steak w/Gravy Parslied Buttered Noodles Buttered Peas Bread Pudding with Bread & Margarine Milk/Beverage	19 Chicken & Dumplings Buttered Carrots Fruit Cobbler Dinner Roll Milk/Beverage	20 Resident's Choice (3 oz Pro/2 Grain/2 Veg) Milk/Beverage	21 Swedish Meatballs with Sauce Buttered Rice Spinach Bake Fruited Gelatin Bread & Margarine Milk/Beverage	22 Open Faced Turkey Sandwich w/Gravy Mashed Potatoes Green Bean Casserole Cranberry Oat Bar Milk/Beverage
23 Salisbury Steak Mashed Potatoes & Gravy Buttered Corn Apple Cobbler Bread & Margarine Milk/Beverage	24 Turkey Pot Pie with Vegetables Biscuit Tossed Salad/Dressing Goopy Butter Cookies Milk/Beverage	25 Sloppy Joe on Bun Tater Tots Ketchup Spiced Peaches Milk/Beverage	26 Hotdog on a bun Potato Chips Three Bean Salad Tapioca Pudding Milk/Beverage	27 Deluxe Potato Ham Bake Five Way Mixed Vegetables (A) Pudding Parfait Combread/Margarine Milk/Beverage	28 Meatloaf Brown Gravy Macaroni & Cheese Carrots Fruit Cup Bread & Margarine Milk/Beverage	29 Pork Fritter Sour Cream Chive Mashed Potatoes Country Gravy Lima Beans Cherry Cheesecake Bread & Margarine Milk/Beverage