

PENDER ADULT SERVICES MENU - January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Meat - at least 2 oz Casserole - 6 oz Veg/Fruit - 1/2 c Season with marg or veg oil Bread - 1 each	Reviewed by: <i>Kathleen Sedoma, RD, LDN</i>		1	2
				
Tuna Noodle Casserole Tuscan Blend Vegetables Strawberry Applesauce Biscuit 2% Milk	Pork BBQ Sweet Potato Crinkle Fries Coleslaw Peaches Hush Puppies 2 % Milk	Mini Corn Dogs Baked Beans California Blend Veg. Tropical Fruit Roll/Margarine 2 % Milk	Chicken and Dumplings Baby Carrots Pears Roll/Margarine 2 % Milk	Tomato Basil Soup Pimento Cheese Sandwich Fresh Orange Crackers 2% Milk
Sloppy Joe Potato Tots Coleslaw Mixed Fruit Cup/Cookie Bun (Sandwich) 2% Milk	Beef Tips / Mushroom Sauce Noodles Catalina Blend Vegetables Fruit Cocktail WW Roll/Margarine 2 % Milk	Mango Chicken Rice Pilaf Stir Fry Vegetables Pineapple Tidbits Egg Roll 2 % Milk	Lasagna with Meat Sauce Tossed Veg Salad/Dressing Banana Bread Stick 2 % Milk	Chicken Chili/ White Beans Corn Chips Fruit Cup Cheese Stick (String) 2 % Milk
CLOSED Martin Luther King Day	Pork Chop with Citrus Glaze Roasted Redskin Potatoes Collard Greens Pears Biscuit/Margarine 2 % Milk	Turkey Hot Dog Baked Beans Coleslaw Apple Cobbler Bun (for hot dog) 2 % Milk	Breaded Beef Patty Au Gratin Potatoes Tuscan Blend Vegetable Banana Bread Stick 2 % Milk	Chicken Salad Sandwich Sun Chips V-8 Juice Fruit Cup Yogurt 2 % Milk
Baked Turkey Sweet Potato Casserole California Blend Veg. Peaches WW Roll 2% Milk	Tortellini Alfredo with Diced Chicken Broccoli Fruit Cocktail Bread Stick 2% Milk	Shepards Pie Catalina Blend Vegetables Fruit Cup Biscuit 2% Milk	Stuffed Pepper Corn String Cheese Strawberry Applesauce Biscuit/Margarine 2% Milk	Potato Bacon Soup Chicken Salad Orange Juice Crackers 2% Milk