

Monthly Menu			January		2024	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	FC 2	3	4	FC 5	6
	<b>New Year's Day</b> Oven baked ham steaks, black eyed peas, mac n' cheese, collard greens, coleslaw, cornbread	Taco Nacho, Spanish rice, salsa, sour cream	<b>Family Game Night</b>  Pesto Turkey Meatballs, roasted broccoli, garlic couscous	Mini Meatloaves, steamed cabbage, mashed potatoes, rolls, salad	<b>Family Movie + Trivia Night:</b> <i>The Goonies</i> Homemade Pizzas, oven-fried mozzarella sticks, salad	Beef and Rice Stuffed Bell Peppers, creamy pasta, and spinach, salad
7	FC 8	9	10	FC 11	12	13
Crockpot drumsticks, carrots, mac n' cheese, roasted Brussels Sprouts	Oven roast beef, sweet potatoes, roasted parmesan green beans	Enchilada Casserole, Spanish rice, salsa, chips	<b>Family Game Night</b>  Baked Ginger Garlic Chicken, Insta Pot ginger garlic rice, roasted	<b>LEFTOVERS</b>	<b>Family Movie + Trivia Night:</b> <i>Jack Frost - animated</i> Baked Salmon/Fish, roasted green beans, creamy parmesan rice	Spaghetti (ground turkey), rosemary garlic sourdough rolls, salad
FC 14	15	16	FC 17	18	19	FC 20
Crockpot Brisket, green beans or coleslaw, Instant Pot mac n' cheese, sourdough rolls	Crockpot tomato bisque, baked mini grilled cheese sandwiches	Sheet pan fajitas, cheese quesadillas, Spanish rice, chips, salsa, sour cream	<b>Family Game Night</b>  Salisbury steak, creamy rice, Sauteed spinach, rolls	<b>LEFTOVERS</b>	<b>Family Movie + Trivia Night:</b> <i>Chronicles of Narnia: The Lion Witch and Wardrobe</i> Roasted chicken, mashed potatoes, roasted veggies	Lazy Man Lasagna, salad, yeast rolls
21	22	FC 23	24	25	FC 26	27
BBQ Chicken, Cauliflower mash, roasted veggies	Baked hamburger sliders, French fries, sliced tomato and onions	Taco Nacho, Spanish rice, salsa, sour cream	<b>Family Game Night</b>  Almond flour breaded chicken, roasted broccoli, sweet potatoes, salad	Oven baked ham steaks, Instant Pot mac n' cheese, roasted veggies	<b>Family Movie + Trivia Night:</b> <i>Night at the Museum</i> Steak and Gravy, mashed potatoes, and roasted veggies	Baked Ginger Garlic Chicken, Insta Pot ginger garlic rice, roasted zucchini
28	FC 29	30	31			
Instant Pot Chuck Roast, parmesan parsley rice, roasted parmesan zucchini chips	<b>LEFTOVERS</b>	Enchilada Casserole, Spanish rice, salsa, chips	<b>Family Game Night</b>  Hot (leftovers Roast Beef), Provolone & Horseradish Sliders, roasted veggies, French fries	Extra dinner ideas: Instant Pot tomato bisque, mini grilled cheese panini's Instant Pot curry chicken thighs, turmeric rice, roasted broccoli Sloppy Joes, French fries, roasted vegetables		Extra side ideas: Insta Pot sweet potatoes creamed spinach