



The Meadows

26	27	28	29	30	31	Jan 1
						Clam Chowder or green Salad Chicken and Sausage Gumbo or Popcorn Shrimp Black Eyed Peas Braised Greens Cornbread Muffin
2 Soup Du Jour <i>or</i> Green Salad BBQ Chicken Quarters BBQ Beef Sandwich Baked Beans Corn on the Cob Chocolate Cake	3 Cream of Vegetable Soup <i>or</i> Green Salad Shrimp and Grits Chicken Creole Sauteed Zucchini Berry Jello	4 Beef and Vegetable Soup <i>or</i> Green Salad Glazed Ham <i>or</i> Pan Seared Fish Sweet Baked Yams Grilled Mixed Vegetables Raspberry Crumb Bars	5 Split Pea Soup <i>or</i> Garden Green Salad Beef Stroganoff and Noodles Chicken and Dumplings Mixed Vegetables Cherry Pie	6 Tortilla Soup <i>or</i> Green Salad Crispy Fish Sandwich Asian Chicken Jasmine Rice Mixed Vegetables Fruit Parfait	7 Tasty Chicken Soup <i>or</i> Green Salad Chicken Fajita <i>or</i> Lemon Baked Sole Spanish Rice Herb-Buttered Corn and Green Beans Coconut Cake	8 New England Clam Chowder <i>or</i> Green Salad Pork Roast and Kraut Corned Beef Brisket Steamed Red Potatoes Braised Cabbage Baked Roll Creamy Rice Pudding
9 Italian Vegetable Soup <i>or</i> Green Salad Italian Sausage Pasta Shrimp Alfredo with Linguine Fresh Cooked Zucchini Baked Roll Oatmeal Raisin Cookie	10 Homestyle Chicken Noodle Soup <i>or</i> Green Salad Comforting Beef Stew Herb Roasted Turkey Cheesy Mashed Potatoes Cauliflower White Poke Cake	11 Split Pea Soup <i>or</i> Green Salad Braised Chicken <i>or</i> Catch of the Day Creamy Mashed Potatoes Sauteed Yellow Squash Peanut Butter Cookie	12 Cream of Vegetable Soup <i>or</i> Green Salad Philly Steak Sandwich Pork Taco Corn O'Brien Strawberry Mousse	13 Beef Barley Soup <i>or</i> Green Salad Pepper Steak Parmesan Pork Chops Lemon Rice Chef's Steamed Vegetable Glazed Lemon Pound Cake	14 Slow Cooked Ham Bean Soup <i>or</i> Green Salad Vegetable Lasagna <i>or</i> Spaghetti and Meatballs Capri Blend Baked Roll Peach Crisp	15 Tasty Chicken Soup <i>or</i> Green Salad Country Style Pork Ribs Seasoned Meatballs with Gravy Favorite Baked Beans Corn on the Cob Apple Pie
16 Soup Du Jour <i>or</i> Green Salad Classic Meatloaf Chicken Stroganoff Creamy Mashed Potatoes California Normandy Blend Chocolate Pudding	17 Homestyle Vegetable Soup <i>or</i> Green Salad Baked Cod with Panko Crust Roasted Cornish Hens White and Wild Rice Pilaf Green Beans with Bacon Berry Cobbler	18 Chicken Rice Soup <i>or</i> Cranberry Spinach Salad Crab Alfredo with Linguine <i>or</i> Herb Turkey Stew Fresh Mashed Potatoes Buttery Carrots Carrot Cake	19 Basil Tomato Soup <i>or</i> Green Salad Salisbury Steak with Brown Sauce Glazed Baked Ham Sweet Baked Yams Cauliflower and Carrots Baked Roll Banana Bread	20 French Onion Soup <i>or</i> Green Salad Beef Pot Roast Pork Roast and Kraut Boiled Red Potatoes Herbed Corn Custard Pie	21 Split Pea Soup <i>or</i> Green Salad Lemon Baked Sole <i>or</i> Sausage and Peppers German Potato Salad Chef's Steamed Vegetable Baked Roll Lemon Cream Cake	22 New England Clam Chowder <i>or</i> Green Salad Traditional Lasagna Eggplant Parmesan and Marinara Noodles Seasoned Broccoli Crusty Garlic Bread Baked Flan
23 Soup Du Jour <i>or</i> Green Salad Italian Pork Roast Autumn Pot Roast Fingerling Potatoes Brussels Sprouts Berry Jello	24 Potato Leek Soup <i>or</i> Green Salad Balsamic BBQ Chicken Catch of the Day Classic Macaroni Salad Peas and Baby Carrots Assorted Desserts	25 Soup Du Jour <i>or</i> Green Salad Classic Beef Stroganoff <i>or</i> Butternut Squash and Spinach Pasta Buttered Noodles Green Bean Cauliflower Blend Oatmeal Raisin Cookie	26 Split Pea Soup <i>or</i> Green Salad Asian Beef with Snow Peas Pork Adobo Jasmine Rice Seasoned Zucchini Cheesecake	27 Basil Tomato Soup <i>or</i> Green Salad Battered Fish and Fries Vegetable Lasagna Mixed Vegetables Baked Roll Chocolate Peanut Butter Bars	28 Butternut Squash Soup <i>or</i> Green Salad Smothered Pork Chops <i>or</i> Garlic Butter Shrimp Scampi Creamy AuGratin Potatoes Corn Strawberry Angel Dessert	29 New England Clam Chowder <i>or</i> Green Salad Turkey Roast Braised Beef Tips Bread Stuffing Buttered Squash Pumpkin Bread

	30	31	Feb 1	2	3	4	5
Minestrone Soup <i>or</i>		Soup Du Jour <i>or</i>					
Green Salad		Green Salad					
Glazed Ham		Teriyaki Chicken					
Baked Beef Brisket		Chinese Shrimp					
Garlic Mashed		Curry					
Potatoes		Fried Rice					
Brussels Sprouts		Stir-Fry Vegetables					
Strawberry Mousse		Banana Bread					

We apologize if circumstance require a last minute change to our menu