



## Wellsprings Assisted Living

27	28	29	30	31	Jan 1	2
					Spanish Cod Potato Wedges Coleslaw Soft Oatmeal Cookies	Liver and Onions Parmesan Roasted Potatoes Seasoned Zucchini Autumn Spice Cake
3	4	5	6	7	8	9
Citrus Glazed Ham Potato Casserole Peas Peach Pie	Marinated Chicken Fresh Mashed Potatoes and Gravy Sautéed Yellow Squash Baked Roll Sunrise Salad	Swedish Meatballs Parsley Egg Noodles Green Beans Chocolate Chip Cake	Southern Fried Drumstick Classic Macaroni Salad Greens Apple Crisp	Hamburger Steak and Onions Baked Potato Garlic Carrots Baked Roll Pumpkin Pudding	Crunchy Baked Fish Delicious Rice Sweet Slaw Creamy Cocktail Salad	Pepper Steak with Gravy Buttered Noodles Mixed Vegetables Baked Roll Berry Buckle Cake
10	11	12	13	14	15	16
Beef Roast with Gravy Garlic Mashed Potatoes Parmesan Asparagus Baked Roll Fresh Coconut Cream Pie	Chicken Thigh Bake Seasoned Rice Roasted Broccoli with Lemon Baked Roll Pear Crisp	Herb Seasoned Pork Ranch Potatoes Buttered Squash Carrot Cake	Chicken Fried Steak and Gravy Fresh Mashed Potatoes and Gravy Mixed Vegetables Banana Pineapple Cake	Chicken Broccoli Soup Garden Green Salad Cornbread Fruit Cobbler	Ham with Pineapple Sauce Creamy AuGratin Potatoes Seasoned Cabbage Baked Roll Ice Cream	Beef Tips and Sauce O'Brien Potatoes Peas and Onions Baked Roll Pumpkin Spice Bar
17	18	19	20	21	22	23
Chicken and Broccoli Stuffing Parsley Carrots Cherry Pie	Lemon Pepper Drumette Dill New Potatoes Green Beans Blueberry Crumb Bar	Beef Stroganoff California Normandy Blend Baked Roll Peanut Butter Brownie	Lemon and Brown Sugar Pork Mushroom Rice Baby Carrots Best Pecan Bar	Parmesan Crusted Chicken AuGratin Potatoes Vegetable Medley Molasses Sugar Cookie	Honey Glazed Meatballs Rice Pilaf Sesame Snap Peas Spiced Pear Cake	Melt In Your Mouth Chicken Steamed Red Potatoes Capri Blend Baked Roll Ice Cream
24	25	26	27	28	29	30
Maple Crusted Pork Roast Scalloped Potatoes Buttered Squash Pumpkin Pecan Cobbler	Petite Meatloaf Fresh Mashed Potatoes and Gravy Parmesan Green Beans Chocolate Love Cake	Chicken/Dijon Sauce Penne Pasta Grilled Zucchini Apple Crumble	Ham Patty with Sweet Mustard Sauce Roasted Red Potatoes Steamed Broccoli Lemon Meringue Pie	Shepherd's Pie Peas and Carrots Baked Roll Cherry Cheesecake	Chicken Almondine Rice Pilaf Seasoned Broccoli Baked Roll Pineapple Upside Down Cake	St. Louis BBQ Pork Ribs Baked Beans Herbed Corn Baked Roll Drizzled Chocolate Chip Cookies
31	Feb 1	2	3	4	5	6
Glazed Meatloaf Onion Roasted Potatoes Baby Carrots Brownie Mallow Bars						

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