

# TRI-CITY CAFÉ

# JANUARY 2019 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 HAPPY NEW YEAR! CENTER CLOSED</b>	<b>2</b> <b>Chicken Enchilada Casserole</b> Mexican Rice Green Salad Seasonal Fresh Fruit	<b>3 Fish Veracruz</b> Brown Rice Garlic Green Beans Soup du Jour Fresh Fruit+	<b>4 Paprika Baked Chicken (quarter)</b> Scalloped Potatoes Bavarian Red Cabbage+ Whole Wheat Roll & Butter Seasonal Fresh Fruit
<b>7 Chicken Chili Verde</b> Steamed Brown Rice Zucchini-Corn-Tomato Medley Coleslaw, Fruit	<b>8 Veg/Cheese Strata (egg &amp; bread casserole)</b> Seasoned Red Potatoes+ Mixed Greens & Dressing Fruit Compote with Oatmeal	<b>9 Hearty Beef Minestrone Soup</b> Green Salad & Dressing Whole Wheat Roll Seasonal Fresh Fruit+	<b>10 Chicken &amp; Sausage Gumbo (no pork)</b> Steamed Brown Rice Collard Greens* Soup, Fruit	<b>11 Baked Lemon Capers Fish</b> Mac & Cheese Creamed Spinach* Soup, Cinnamon Applesauce
<b>14 BBQ Chicken Thigh</b> Seasoned Greens* Cornbread Coleslaw+ Seasonal Fresh Fruit	<b>15 Indian Veg Curry (Sundae Tuesday)</b> (vegetarian, with tofu) Rice, Garlicky Spinach* Green Salad & Dressing Fruit Juice, Greek Yogurt	<b>16 Fish Chowder</b> Chopped Romaine & Vegetable Salad Garlic Bread Stick Seasonal Fresh Citrus	<b>17 Beef Meatball Cacciatore (Birthday Dinner)</b> Penne Pasta Summer Squash Medley Soup, Applesauce	<b>18 Turkey Salisbury Steak with Gravy</b> Garlic Whipped Potatoes Braised Cabbage Whole Wheat Bread Diced Peaches
<b>21 Martin Luther King, Jr. Day</b> <b>CENTER CLOSED</b>	<b>22 Hearty Vegetable Stew</b> Cheesy Mashed Potatoes+ Garden Salad with Garbanzo Beans & Vinaigrette Whole Wheat Bread Yogurt, Fruit Juice	<b>23 Turkey Jook (Chinese rice porridge, a.k.a. Congee)</b> <b>Top with green onions &amp; peanuts</b> Whole Grain Crackers Garden Salad with Carrots and Asian Dressing Seasonal Fresh Citrus	<b>24 Chicken Alfredo (breast)</b> Whole Wheat Penne Pasta Garlicky Italian Blend Vegetables Soup du Jour Warm Spiced Peaches	<b>25 Baked Cajun Fish</b> New Orleans Rice Creamed Kale Chopped Romaine Salad & Dressing Seasonal Fresh Fruit+
<b>28 Spaghetti with Beef Bolognese</b> Summer Squash Medley Garden Salad w/ Dressing Warm Cinnamon Applesauce	<b>29 Stir-Fry Teriyaki Brown Rice Bowl+ (vegetarian)</b> (Brown Rice w/ Stir-fried vegetables & Tofu) Asian Cabbage Salad Fruited Yogurt	<b>30 Mediterranean Fish Soup</b> Garden Salad with Carrots* and Vinaigrette Whole Grain Crackers Applesauce+	<b>31 Pulled Pork Sandwich</b> on Whole Wheat Bun Southern Green Beans Pineapple Coleslaw Warm Peach Crisp	