


# January 2022 MENU

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| 3<br>Chicken Marsala<br>Zucchini<br>Roasted Turnips<br>Whole Wheat Bun<br>Fresh Pear                                      | 4<br>Hawaiian Pork Tacos**<br>Rainbow Veggie Blend<br>Spinach<br>Whole Wheat Tortilla<br>Banana                     | 5<br>Beef Stew w/ Vegetables<br>Capri Vegetables<br>Cornbread<br>Strawberries  | 6<br>Sweet and Sour Pork**<br>Sautéed Cabbage<br>Whole Wheat Roll<br>Brown Rice<br>Peaches   | 7<br>Balsamic Glazed Chicken<br>Asparagus<br>Dill Roasted Carrots<br>Whole Wheat Roll<br>Apricots  |
| 10<br><u>Cold Plate:</u><br>Chef Salad w/ Turkey, Ham,<br>Cheese**<br>Corn Salad<br>Whole Grain Crackers<br>Fresh Orange  | 11<br>Baked <b>Salmon</b> w/ Dill<br>Green Beans<br>Roasted Sunset Vegetables<br>Whole Wheat Roll<br>Fruit Cocktail | 12<br>Open Face Turkey<br>Sandwich w/ Gravy<br>Mixed Vegetables<br>Cranberry Yams<br>Whole Grain Bread<br>Sliced Pears | 13<br>Sliced Steak Diane<br>Cauliflower<br>Baked Potato<br>Whole Wheat Roll<br>Banana  | 14<br>Potato Crusted <b>Cod</b><br>Spinach<br>Mixed Vegetables<br>Whole Wheat Roll<br>Fresh Fruit Salad  |
| 17<br>Chicken Stroganoff w/<br>Noodles<br>Chef's Vegetables<br>Winter Blend<br>Whole Wheat Roll<br>Mixed Fruit            | 18<br>Meatball Sub<br>Garden Salad<br>Green Beans<br>Apple Crisp<br>Applesauce                                      | 19<br>Orange Sage Pork Chop**<br>Succotash<br>Spinach<br>Couscous<br>Whole Wheat Roll<br>Sliced Peaches                | 20<br>Vegetable Paella<br>Carrots<br>Peas<br>Whole Wheat Roll<br>Tropical Fruit Cup<br>Birthday Cake   | 21<br>Grilled Chicken Piccata<br>Spinach<br>Roasted Turnips<br>Whole Wheat Roll<br>Mandarin Oranges  |
| 24<br>Beef Philly Sandwich w/<br>Cheese Sauce<br>Baked Sweet Potato Fries<br>Zucchini<br>Whole Wheat Bun<br>Sliced Apples | 25<br>Scallop Potatoes w/ Ham**<br>Broccoli<br>Whole Wheat Roll<br>Fruit Cocktail                                   | 26<br>Coconut Curry <b>Fish</b><br>Asparagus<br>Sautéed Green Beans w/<br>Tomatoes<br>Brown Rice<br>Strawberries       | 27<br>Honey Butter Chicken<br>Broccoli<br>Sweet Potato<br>Whole Wheat Roll<br>Mandarin Oranges   | 28<br>Shepherd's Pie<br>Roasted Tomato<br>Whole Wheat Roll<br>Pineapple  |
| 31<br>Scrambled Eggs w/<br>Spinach and Mushrooms<br>O'Brien Potatoes<br>Whole Wheat Croissant<br>Fresh Fruit Cup          |   |  | Items with **contain pork or<br>pork products.<br><br>Menu subject to change due to<br>availability.<br><br>Aster Aging is funded in part by<br>Area Agency on Aging,<br>Region One. | Call to sign up, or to<br>cancel your meal order:<br><b>480-858-6510</b><br><br> Tempe Community<br>Action Agency |