

JANUARY Menu 2018 Custer

<p>Happy New Year's Day</p> <p>No Meals</p>	<p>1 #10</p> <p>Baked Chicken Fried Steak 1CS</p> <p>Mashed Potatoes w/Milk Gravy 1 CS</p> <p>Peas 1 CS</p> <p>Apricots 1 CS</p>	<p>2 #71</p> <p>Chicken Parmesan</p> <p>Scalloped Potatoes 2 CS</p> <p>Corn O'Brein 1 CS</p> <p>LS V-8 Juice</p> <p>Tropical Fruit 1 CS</p>	<p>3 #76B</p> <p>Baked Breaded Fish</p> <p>Baked Potato w/Sour Cream 2 CS</p> <p>Harvard Beets 1 CS</p> <p>Carrifruit Salad 1 CS</p>	<p>4 #4</p> <p>Spanish Rice w/ Beef 3 CS</p> <p>Seasoned Spinach</p> <p>Grape Juice 1 CS</p> <p>Mandarin Oranges 1 CS</p>
<p>#5</p> <p>Hungarian Goulash 3 CS</p> <p>Parsley Carrots 1/2 CS</p> <p>Cooked Cabbage</p> <p>Mandarin Oranges 1 CS</p>	<p>8 #15-A1 <u>HAPPY BIRTHDAY</u> 9</p> <p>Hamburger on a Bun 1 CS</p> <p>Potato Salad 1 1/2 CS</p> <p>Carrots</p> <p>LS V-8 Juice & 1 Med Banana 2 CS</p> <p>Cake 3 CS</p>	<p>10 #20-3</p> <p>Cider Braised Pork Chops 1 CS</p> <p>Baked Potato w/Sour Cream 2 CS</p> <p>Orange Juice 1 CS</p> <p>Jello w/ Topping</p> <p>1 Med Banana 2 CS</p>	<p>11 #16</p> <p>Chili 1 1/2 CS</p> <p>Cinnamon Rolls w/Almonds 2 CS</p> <p>Baby Carrots</p> <p>Light Blueberry Yogurt 1 CS</p> <p>1 Med Orange 1 CS</p>	<p>12 #75A</p> <p>Baked Chicken 1/2 CS</p> <p>Baked Sweet Potato 1 1/2 CS</p> <p>Green Beans</p> <p>Tomato Spoon Salad 1/2 CS</p> <p>Pears & a Cookie 1 CS ea</p>
<p>Martin Luther King Jr. Day</p> <p>No Meals</p>	<p>15 #11</p> <p>Mandarin Orange Chicken Brst1CS</p> <p>Parsley Potatoes 1 CS</p> <p>Broccoli</p> <p>1 Med Banana 2 CS</p> <p>Chocolate Pudding w/Topping 1 CS</p>	<p>16 #23</p> <p>Meatloaf 1/2 CS</p> <p>Over Baked Potatoes 1 CS</p> <p>Green Beans</p> <p>Baby Carrots</p> <p>Jello w/ Fruit 1 CS</p>	<p>17 #15-2</p> <p>Beef Barley Soup 1 1/2 CS</p> <p>Turkey Salad Sandwich 2 CS</p> <p>Tossed Salad w/Tomatoes</p> <p>Pears 1 CS</p>	<p>18 <u>Chef Monica's Choice</u> 19</p> <p>Hamburger on a Bun 1 CS</p> <p>Hash Brown Patty</p> <p>Corn</p> <p>Lettuce, Tomato, Onion Pickle</p>
<p>#15-3</p> <p>Tator Tot Casserole 1 CS</p> <p>Seasoned Spinach</p> <p>Mixed Tropical Fruit 1 CS</p>	<p>22 #17</p> <p>Sausage Gravy over Biscuit 2 CS</p> <p>Green Beans</p> <p>Baked Squash 1 CS</p> <p>Jello w/ Strawberries 1 CS</p>	<p>23 #2-13</p> <p>Sloppy Joe on Bun 2 CS</p> <p>Potato Salad 1 1/2 CS</p> <p>Tomato Slices</p> <p>Cantalope 1 CS</p> <p>Cranberry Orange Bar 1 CS</p>	<p>24 #5</p> <p>Chunky Chicken Veg Soup 1 CS</p> <p>Garlic Bread 1 CS</p> <p>V-8 Juice</p> <p>1 Med Banana 2 CS</p>	<p>25 #14</p> <p>Pork Roast</p> <p>Mashed Potatoes w/ Gravy 1 CS</p> <p>Cranberry Sauce 1 CS & Orange jc</p> <p>Peas & Carrots 1/2 CS</p> <p>Jello w/ Topping 1 CS</p>
<p>#3-1A</p> <p>Swedish Meatballs 1 CS</p> <p>Parsley Potatoes 1 CS</p> <p>Baked Squash 1 CS</p> <p>Tossed Salad w/Tomatoes</p> <p>Berry Fruit Salad 1 CS</p>	<p>29 #63A</p> <p>Scrambled Eggs w/ Cheese</p> <p>Navy Bean Side Dish 1 1/2 CS</p> <p>Spinach Salad 1/2 CS</p> <p>Cooked Apples 1 1/2 CS</p>	<p>30 #25-1A</p> <p>Taco Salad w/ Meat & Bean 2 CS</p> <p>Unsalted Crackers 1 CS</p> <p>Peach Crisp 1 1/2 CS</p> <p>Vanilla Ice Cream 1 CS</p>		

*All meals include 8 oz. 1% milk (1 CS)

Menu subject to change without notice

FOR RESERVATIONS OR CANCELLATION

Choice of 1-2 bread / grain servings (1 – 2 CS)

PLEASE CALL

Carb Servings = (CS) (1 = 15 grams Carbohydrate)

Custer - (605) - 517-0621

**Jellos and Puddings are sugar free

24 HRS. IN ADVANCE

**All canned fruit is in light syrup

Please call by Friday at 4pm if eating Monday

**Fat free dressing is served with salad

Marked for diabetic diets

Please leave your name, where you eat and what day

MEALS PROGRAM