January 2023

	1/8 Monday	1/9 Tuesday	1/10 Wednesday	1/11 Thursday	1/12 Friday
Breakfast & Carve	B.Y.O. Omelette Meatloaf and Mashed Potatoes	Biscuits and Gravy Country Fried Chicken	Waffle Wednesday Kielbasa, Pierogies and Sauerkraut	Biscuits and Gravy Teriyaki Chicken and Fried Rice	BYO Omelette Fish and Chips with Cole Slaw
Soup	Minestrone	Lemon Chicken and Orzo Superfood: Citrus	Mushroom Barley	Butternut Squash Soup	Turkey Chili
Market Deli & The Oven	Ham and Swiss on Pretzel	Buffalo Chicken Wrap Chicken Alfredo	Pesto Roasted Veggie Wrap Broccoli and Cheddar Pizza	3 Pigs Pizza Pasta Primavera (Vegetarian)	Supreme Pizza Chef's Choice Lasagna
Chef's Table		BYO Nachos	Roosted in Flavor: Garden Vegetable Quinoa Bake	Risotto Bowls	
Dinner	Meatloaf and Mashed Potatoes	Bacon Mac and Cheese	Kielbasa, Pierogi and Butternut Squash Casserole	Chicken Stir-fry with White Rice	Fish and Chips 7 days a week

A better-for-you choice lower in calories and sodium, high in fiber and good fats.

Breakfast 7 am – 9:30 am Lunch 11 am – 2 pm Feast 2 pm- 7 pm Weekends 7 am- 2pm