

APOLLO 724-478-1410

January

Armstrong

Monday	Tuesday	Wednesday	Thursday	Friday
<i>*menu subject to change</i>			New Year's Day CLOSED	1 2 Chicken Paprikash w/ Creamy Tomato Sauce 1/2c White Rice 1/2c Roasted Brussel Sprouts Wheat Bread Apple Cake
5 Stuffed Pepper w/ Sauce 1/2c Garlic Mashed Potatoes 1/2c Carrots White Bread Pudding	6 Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup Wheat Bread Piece of Cake	7 4oz Sloppy Joe 1/2c Country Greens 1/2c HB Potato Cubes Hamburger Bun Cupcake <i>Birthdays</i>	8 Roasted Honey Garlic Pork Loin 1/2c Broccoli 1/2c White Rice Dinner Roll 1/2c Fruited Gelatin	9 3oz Kielbasa with 1oz Sauerkraut 1/2c Haluski 1/2c California Blend Vegetables Hot Dog Bun 1/2c Applesauce
12 Cheeseburger 1/2c Tater Tots 1/2c Baked Pineapple 1c Tossed Salad w/ Tomato Hamburger Bun	13 3/4c Pasta and Meatballs (4) with 2oz Marinara Sauce 1c Tossed Salad w/ Tomato Dinner Roll Fresh Fruit	14 3oz Salisbury Steak with 2oz Gravy 1/2c Whipped Potatoes 1/2c Peas Dinner Roll Gelatin	15 Creamy Chicken Tortellini (3oz Chicken, 1/2c Tortellini) 1/2c Green Beans Wheat Bread 1/2c Spiced Fruit	16 General Tso's Chicken 1/2c White Rice 1/2c Broccoli 1/2c Mandarin Oranges Cookie
19 CLOSED MARTIN LUTHER KING DAY	20 4oz Shrimp Scampi 1/2c Creamy Pasta 1/2c Lemon Pepper Broccoli Dinner Roll Pudding	21 3oz Roasted Pork w/ 2oz Gravy 1/2c Parsley Potatoes 1/2c Carrots Dinner Roll Fresh Fruit	22 Chicken Philly Sandwich 1c Cream of Spinach Soup 1/2c Coleslaw Hoagie Roll Gelatin	23 3oz Sliced Ham with 1oz Pineapple Sauce 1/2c Mashed Potatoes 1/2c Green Peas Dinner Roll Cookie
26 3oz Chicken Cutlet with 2oz Country White Gravy 1/2c Mashed Potatoes 1/2c Brussel Sprouts Wheat Bread Blushed Fruit	27 3oz Grilled Chicken Parmesan w/ 1oz Shredded Cheese 1/2c Rotini w/ Sauce 1c Tossed Salad w/ Tomato Dinner Roll 1/2c Applesauce	28 4oz Sweet & Sour Pork 1/2c White Rice 1/2c Broccoli and Cauliflower Wheat Bread Fresh Fruit	29 Meatball Sub (3 Meatballs) w/ 1oz Mozzarella Cheese 1c Potato Soup 1/2c Side Salad w/ Dressing Hot Dog Bun Fresh Fruit	30 Potato Crusted Fish 1/2c Mac & Cheese 1/2c Stewed Tomatoes Dinner Roll Fresh Fruit