Vernon Nutrition Site January Menu

973-764-5454

Please call to order a meal before 10:00 am the day before.

$2.00 Donation 60 years of age or older

Menu & activities subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
	1 **CLOSED** 	2 Open Faced Turkey on Wheat w/Gravy, Cranberry Sauce, Mashed Potatoes, Broccoli, Fruit Cocktail	3 Sweet & Sour Pork Chop, Herbed Rice, Spinach, Wheat Roll, Vanilla Pudding	4 Roast Beef w/Gravy, Mashed Potatoes, Carrots, Veggie Orzo Soup, Wheat Roll, Cake
7 Chicken Francaise, Mashed Potatoes, Italian Veggie Blend, Wheat Roll, Oatmeal Raisin Cookie	8 Stuffed Pepper, Mashed Potatoes, Broccoli, Garden Veggie Soup, Rye Bread, Mandarin Oranges	9 Baked Mac & Cheese, Stewed Tomatoes, Green Beans, Wheat Bread, Sliced Pears	10 Chicken Parmesan, Pasta w/Marinara, Cauliflower, Rye Bread, Pineapple	11 Stuffed Pork Loin with Gravy, Roasted Sweet Potatoes, Spinach, Wheat Bread, Gelatin
14 Salisbury Steak w/Gravy, Mashed Potatoes, Broccoli, Rye Bread, Sliced Peaches	15 Chicken Marsala, Herbed Rice, Peas, Dinner Roll, Gelatin	16 Meatloaf w/Gravy, Mashed Potatoes, Spinach, Cream of Broccoli Soup, Wheat Roll, Pineapple	17 Pan Seared Pork Chop w/Mushroom Sauce, Roasted Potatoes, Carrots, Wheat Roll, Angel Food Cake	18 Pot Roast w/Gravy, Mashed Potatoes, Key Largo Blend, Rye Bread, Sliced Pears
21 **CLOSED** **MARTIN LUTHER KING DAY** 	22 Spaghetti & Meatballs, Marinara Sauce, Green Beans, Wheat Bread, Chocolate Chip Cookie	23 Pepper Steak, Herbed Rice, Carrots, Wheat Roll, Chocolate Pudding	24 Stuffed Chicken Breast with Gravy, Creamy Potato Soup, Herbed Rice, Spinach, Rye Bread, Mandarin Oranges	25 Baked Cod w/Lemon Sauce, Mashed Potatoes, Italian Veggie Blend, Wheat Roll, Sliced Peaches
28 Rosemary Garlic Chicken, Baked Potato, Lt Sour Cream, Broccoli, Rye Bread, Gelatin	29 Beef Stroganoff, Egg Noodles, Key Largo Blend, Wheat Roll, Pineapple	30 Chicken Stew, Cauliflower, Carrots, Rye Bread, Fruit Cocktail	31 Pork Loin w/Gravy, Mashed Potatoes, Spinach, Beef Minestrone Soup, Wheat Roll, Brownie	

For bus transportation call Skylands Ride 973-579-0480