





# JANUARY 2021

## Menu for PSSI, INC.

### MOW/Home-Delivered Meals

**YOU MUST CALL 270-4100 BY 11:00AM THE BUSINESS DAY BEFORE TO ORDER/CANCEL A MEAL.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>AWARENESS EVENTS</b>			<b>1 CENTER CLOSED</b>
	Blood Donor Month Cervical Health Awareness Month Glaucoma Awareness Month Thyroid Health Awareness Month		1% Milk and Lite Margarine served with all meals  	 Happy New Year!
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Swiss Steak w/toms Mashed Potatoes Peas/Carrots Apple Slices Multigrain Bread Tapioca Pudding	Seas. Chicken Breast Potatoes Au Gratin Broccoli Pineapple/man-or-mix Multigrain Bread Shortbread Cookies	Beef-mac/casserole Scandinavian vegees Vanilla Wafers Banana Pudding Pears Wheat bread	Chicken Fried Rice Stir Fry Veg Coleslaw-vinegar/drsg Pineapple/mango mix WWG Bread	Mexican Taco Salad Shredded Cheddar Lettuce/D Tomatoes Mexicali Mix Orange Nacho Light chips Taco Sauce
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Pepper steak Stir Fry Veg Rice Pickled Beets (Cold) Mandarin Oranges Multigrain Bread	Chicken Parmesan WG Fettuccini Noodles Sweet potatoes Salad/tom/carrots Banana WWG Bread French Dressing	Meatloaf Low Sod. Brown Gravy Country Blend Vegees Mashed Potatoes Pears & Strawberries Wheat Dinner Roll	Chicken Strips Sweet Pot Wedges Salad/tom/carrots Orange Multigrain Bread Graham Crackers French Dressing Honey Mustard	Beef Veg Stew Salad/tom/carrots Stewed Vegees Banana WG Biscuit Ranch Dressing
<b>18 CENTER CLOSED</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	Fish (Breaded) Coleslaw w vin/drsg Spinach Fruit Cup/Citrus Corn Muffin Tartar Sauce Vinegar	Seas. Diced Chicken Shredded Cheddar Salad/tom/carrots Chuckwagon Corn Stewed apples WW Tortilla Ranch Dressing Taco Sauce	Sloppy Joe's Potatoes Au Gratin White corn w/peppers Apple Slices WG HB Bun	Tilapia, Battered Spinach Sweet potato Peaches/Strawberries WWG Bread Vinegar Oat/Raisin Cookie Tartar Sauce
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29 BIRTHDAY LUNCH</b>
Chicken Fried Steak Gravy (country) Mashed Potatoes Green Beans Citrus Fruit Cup Wheat Dinner Roll	Pulled Pork White corn w/peppers Mex Coleslaw Apple Slices WG Hoagie Roll Graham Crackers	BBQ Chicken Prince Edward Mix Potato Salad Trop Fruit Mix WG HB Bun Miracle Whip	Chili Beans Shredded Cheddar Salad/tom/carrots Diced onions Peach Cobbler Wheat Crackers French Dressing	Oven Fried Chicken Mashed Potatoes Low Sod Brown Gravy Broccoli Wheat Roll Orange Sherbet White Cake

**Menu is subject to change; substitutions may be made if approved by dietician.**