

Monday

Creamy Asparagus.

Herb & Pea Pasta

Garlic Bread

Salad

Wednesday

Lemon Brownd

Butter Cod

Hazelnut Pilaf

Steamed Broccoli

Green Beans

Friday

Pan Roasted

Pork Chop

Honey & Lemon

Carrots

Salad

Sunday

Classic Slow

Cooker Beef Stew

Brown Rice

Salad

Beef &

Mushroom Stroganoff

Garlic Bread

Salad

Tuesday

Chicken

w/ Mustard Sauce

Brussels Sprouts

Garlic Green Beans

Salad

Thursday

Smoky

Chickpea & Farro

Soup

Sauteed Apples

French Bread

Saturday

Week of January 23-29, 2017

Special Dessert: Mixed Berry Crumble