

Winter Growth, Inc.

JANUARY 2023

****All Meals are served w/8 oz 1% Milk**

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
3 oz Pot Roast ½ c Scallop Potatoes ½ c Roasted Beets 2 - 28 gr WW bread ½ c Pears	3 oz Tuna Fish Steak ½ c Brown Rice ½ c Brussel Sprouts ½ c Creamed Corn 28 gr WW bread ½ c Apricots	1 c Chicken & Sausage Jambalaya (3 oz. Chicken and Sausage, ½ c Rice, ¼ c Green Peppers/Onions) ¾ c Turnip Greens 28 gr WW Roll ½ c Peaches	3 oz Boneless BBQ Pork Riblette ½ c Macaroni & Cheese 1 c Asparagus 28 gr WW bread ½ c Pineapple	Beef & Broccoli Stir Fry (4 oz. beef/½ c Broccoli) ¼ c Water Chestnuts ¼ c Baby Corn ½ c Basmati Rice 36 gr WW Roll ½ c Applesauce	1 c Tomato Soup Open Faced Swiss Melt (1oz Swiss, 1-28 gr WW bread) 1 c Three Bean Salad ½ c Mandarin Oranges	3 oz. Reuben on 2 Slices Rye ½ c Baked Beans ½ c Coleslaw ½ c Slice Apples
1 c Hoppin John (¼ c Rice/3oz Turkey Sausage Bell/Peppers/Black Eyed Peas) 2 oz Garlic Bread ½ c Blueberries on Ice Cream	1 Stuffed Peppers (2oz gr beef) ½ c Carrots ½ c Collard Greens 2 - 28 gr Naan Bread Apple Cobbler	3 oz Philly Cheesesteak On 56 gr WW Roll 1 c Red Potato Salad 1 c Garden Salad ½ c Fruit Parfait	3 oz Fish Sticks ½ c French Fries ½ c Garden Peas 2 oz WW Roll Angel Food Cake ¼ c Mixed Berries	3 oz Folded Chicken Quesadilla (2oz WW tortilla) w. ½ c Pepper/Onions ¾ C Black Beans & Hominy ½ c Rice Key Lime Pie	3oz Turkey Fillet 1c French Cut Gr Beans 1 c Cornbread Stuffing ½ c Mandarin oranges Choc Cream Pie	8 oz Manicotti w/ Pesto Sauce (1-2 oz cheese, 3 oz pasta) ½ c Green Beans ½ c Carrots Choc Chip Cookies
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15
3oz Turkey Meat Loaf 1 c Garden Peas ½ c Brown Rice 28 gr (1 oz) WW Roll Pound Cake ½ c Strawberries Whipped Topping	1 c Lentil & Sausage Stew (½ c Lentil, 3 oz Sausage) ½ c Cauliflower 2-28 gr WW Bread ½ c Apple Sauce	1 c Vegetarian Chili (3 oz beans, ¼ Tomatoes) ½ c Tortilla Chips ½ c Rice ¾ c Creamed Spinach 1 c Apricots	Sloppy Joe (3oz Gr Beef) on 56 gr WW Roll ½ c Sweet Potato Fries 1 c Roasted Brussels Sprouts ½ c Pears	3 oz Baked Tilapia ½ c Jasmine Rice ½ c Carrots ½ c Braised Red Cabbage 28 oz WW Roll ½ c Pineapple	3 oz Baked Ham ¾ c Au Gratin Potatoes ¾ c Beets 2-28 oz WW Roll 1 slice Pineapple Upside Down Cake	3 oz Boneless Chix ½ c Broccoli Crowns ½ c Cornbread Stuffing ½ c Applesauce 1 oz WW Roll ½ c Sherbet
1 c Beef Stroganoff ½ c Egg Noodles ½ c Corn ½ c Strawberries 28 oz Garlic Naan Bread Oatmeal Cookies	3oz Oven Fried Haddock ½ c Red Potatoes ½ c Broccoli w/Cheese Sauce 2 oz Multi Grain Roll Brownie	3oz Boneless Chicken Breast ½ c Green Beans ½ c Scalloped Potatoes 2 oz WW Roll Lemon Bar	3oz Pork Chops 1 c Applesauce 1 c Asparagus 2 oz WW Roll Yellow Cake w/ Frosting	1 ½ c Vegetable Soup Grilled Cheese(1oz) Sandwich on 2-28oz WW bread ½ c Apple Cobbler	3oz Salisbury Steak ½ c Mashed Sweet Potatoes 1 c Collard Greens 2 oz WW Roll Pudding	1 c Butternut Squash Soup 2oz White Beans ½ c Spinach Casserole 1 oz WW Roll ¼ c Crackers Pound Cake
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
Pork Posole (3oz Pork, ¼ c Hominy) 1 c Collard Greens 2-28 gr WW Bread ½ c Peaches	1 c Cheese Lasagna w/ (3oz Cheese, ¼ c Noodle) 1 c Glazed Baby Carrots 56 gr Garlic Bread ½ c Tropical Fruit Salad	1 c Beef Veg Stew (3 oz beef, ¼ c Carrots/ Celery, potatoes) ¾ c Cauliflower 2-28 gr WW Bread 1 c Baked Apples	3oz Salmon on bed of ½ c Lentils ½ c Mashed Potatoes ½ c Asparagus 2-28 gr WW Bread ½ c Pears	3oz Jerk Chicken with Pineapple Salsa 1 c Red Beans ½ c Steamed Rice 28 gr WW Roll ½ c Plantains	1 c Corn Chowder Soup ½ c Spinach Roll 1 Hard Boiled Egg 2 oz WW Roll Chocolate Chip Cookie	3oz Chicken Parmigiana 2 oz WW Roll ½ c Brussel Sprouts ½ c Applesauce

1 c Beef & Cheeseburger Pie (3oz gr beef) ½ c Peas ½ c Peaches 34 gr Cornbread ½ c Oatmeal Cookie	3oz Cajun Fish Fillet 1 c Roasted Sweet Potatoes 2 oz WW Roll ½ c Mandarin Oranges	3 oz Teriyaki Chicken Tenders ½ C Jasmine Rice 1 C Green Beans 1 oz WW Roll Tapioca Pudding	4 oz BBQ Pork on WW Roll (2oz) ½ C Baked Beans ½ C Coleslaw ½ C Baked Apples w/ Streusel Topping	3 oz Stuffed Portobello Mushroom 2 oz 3 Bean Salad 2 oz Garlic Bread ½ c Green beans Gingerbread Cookie w/ Ice Cream Cup	1c Spaghetti w. 4 oz Meat Sauce 1 c Broccoli Crowns 2 oz Garlic Bread ½ c Fruit Parfait	1 c Tuna Tetrizzini 2 oz Naan Bread 1 C Mixed Veggies ½ c Applesauce Spice Cake
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
Penne Tomato Florentine (½ c Penne, ¼ c Spinach) ¾ c 3 Bean Salad ¾ c Baby Corn 28 gr Roll ½ c Pineapple	1 c. Beef Ragout (4 oz Beef, ½ c. Tomatoes, Onions/Peppers) ½ C Collard Greens ½ c WW Egg Noodles 34 g. Cornbread 1 c Peaches	Fish & Chips (4 oz Breaded Fish, 4 oz. Baked Fries) ½ c Beets 2-25 gr WW Bread ½ c Mandarin Oranges	4 oz Baked Chicken Breast 1 c Broccoli Crowns ½ c Macaroni & Cheese 25 gr WW Bread ½ c Apricots	3 oz Pork Tenderloin ½ c Stuffing 1 c Carrots 36 gr Roll Angel Food Cake with ½ c Strawberries	4 oz Chicken Pot Pie ½ c Sweet Potatoes ½ c Baked Beans 2 - 28 gr WW Bread ½ c Pears	Beef Shepherd's Pie (½ c Mashed Potatoes/Vegetables 4 oz. Beef) 2 - 28 gr WW Roll ½ c Pineapple
3oz Cod Cake 1 c Green Beans 1 c Mashed Potatoes 2 oz WW Roll Oatmeal Cookie	3oz Chicken Cordon Bleu ½ c Asparagus ½ Baked Sweet Potato 2 oz WW Roll Lemon Pie	4 oz Italian Sausage ¾ c Peppers and Onions on 2 oz WW Roll ½ c Hot Red Potato Salad ½ c Peas Italian Ice	½ c Egg Salad 56 gm Croissant ½ C Baked French Fries ½ c Lima Beans Brownie	Open-faced Tacos (2 oz gr beef, ½ c veggies, 1 oz cheese, 2 oz WW tortilla) 1 c Refried Beans ½ c Fruit Parfait	1 c Minestrone Soup 1 Hard Boiled Egg 1 c Creamed Spinach 2 oz WW Roll Sugar Cookie	4 oz. Oven Fried Chicken 1 c Collard Greens 1 c Coleslaw 2 oz WW Roll ½ c Fruit Cocktail
Monday 30	Tuesday 31	Wednesday	Thursday	Friday	Saturday	Sunday
4 oz Baked Cajun Tilapia 1 c Red Potato ½ c Peas 2-28 gr WW Bread Angel Food Cake ½ c Strawberries	3 oz Chicken Breast ½ c Broccoli Crowns ½ c Beets ½ c WW Penne 28 gr WW Roll ½ C Peaches	3 oz Sweet & Sour Pork ½ c Fried Brown Rice ½ c Carrots ½ c Cauliflower 28 gr WW bread ½ c Mandarin Oranges	¾ C Shrimp Etouffee (3oz Shrimp, ¼ c tomatoes, peppers, onions) ½ c Rice ¾ c Braised Cabbage 36 gr Roll ½ c Pears	3 oz Hot Roast Beef Sandwich on 2-25 gr WW bread 1 c Brussel Sprouts Ice Cream with ½ c Strawberries	3oz Turkey and Swiss Sandwich on 2 - 28 gr WW bread ½ c Tomatoes/Lettuce ¾ c Coleslaw Brownie	3 oz. Chicken Strips ½ c Mashed Potatoes 1 c Corn 2- 28 gr WW Roll Ice Cream
1 c Chili Verde (Pork) w. ½ c Red Beans ½ c Tortilla Chips 1 c Green Beans ½ c Sherbet	½ c Tuna Salad On 2 oz English Muffin ½ c Warm Potato Salad 1 c Mixed Greens Gingerbread	1 c Beefy Cheese & Macaroni Bake ½ c Creamed Spinach ½ c Carrots 1 oz Roll Ice Cream Cup	1 c Cheese Ravioli ½ c Squash ½ c Braised Cabbage Garlic Bread Spice Cake	1 c Chicken Casserole ½ c Baked Beans 1 c Mashed Sweet Potatoes 2 oz WW Roll Apple Pie	1 c Lentil Soup 1 c Green Beans 1 c Spinach Salad 2 - 28 gr WW Roll Brownie	1 c Vegetable Lasagna ½ c Asparagus 1 oz WW Roll ½ c Fruit Salad

Winter Growth does not discriminate on the basis of age, race, religion, ethnic origin, disability, or sexual orientation in eligibility for or the provision of any of its services.

This institution is an equal opportunity provider.

Meals are high in whole grains and meet state guidelines for lower-salt content and reduced fat. 8 oz. of 1% milk is served during every meal.

KEY: WW-Whole Wheat Chix-Chicken Br-Brown Gr-Ground