

LONGWOOD JANUARY 2020 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1	January 2	January 3
		CLOSED NEW YEARS DAY 		
January 6	January 7	January 8	January 9	January 10
	Roast Pork Loin W/Mushroom Gravy Braised Red Cabbage Buttered Lima Beans Fruit Cocktail White/Wheat Bread Chocolate Milk	Chicken Parmesan Sandwich Provolone Cheese Green Pea Salad Fresh Fruit Cup Sandwich Roll Yogurt W/Crisp Top- ping		
January 13	January 14	January 15	January 16	January 17
	Pot Roast of Beef W/Burgundy Gravy Stew-Cut Vegetables Mandarin Oranges White/Wheat Bread	Chicken Cordon Bleu Casserole Yellow Rice Pilaf Wax & Green Bean Medley Cucumber Salad Dinner Roll		
January 20	January 21	January 22	January 23	January 24
CLOSED MLK JR DAY HOLIDAY	Teriyaki Chicken Breast Brown Rice Pilaf Peas & Carrots Diced Pineapple White/Wheat Bread	Meatball & Cheese Sub Cheese Garnish Seasoned Green Beans Mandarin Oranges White/Wheat Bread		
January 27	January 28	January 29	January 30	January 31
	Grilled Chicken Breast W/Creamy Mushroom Sauce Harvest Rice Blend Wax Bean & Green Bean Medley Cinn. Applesauce White/Wheat Bread	Roasted Turkey W/ Gravy Mashed Potatoes Harvard Beets Copper Pennies Fresh Fruit Cup White/Wheat Bread		