

JANUARY Menu 2023 Menu Friedman JCC

**The menu is subject to change.**

Monday January 2 NO LUNCH

Tuesday January 3 Pasta with Meat Sauce, Salad Lettuce, Tomato, Cucumber, Dressing, Slice of Italian Bread, Fruit

Wednesday, January 4 BBQ Chicken, Baked Sweet Potato, Zucchini, Cole Slaw, Fruit

Thursday, January 5 Plain Bagel, Cream Cheese, Bagel, Lox, Lettuce, Tomato, Chips, Fruit

 Friday January 6 Scoop of Tuna Fish Salad on Bed of Lettuce, Tomato and Cucumber, Dressing, Crackers, Chips, Fruit

Monday January 9 Baked Ziti with Cheese and Sauce, Lettuce and Tomato Salad, Dressing, Fruit

Tuesday January 10 Hamburger on a Bun, Lettuce, Tomato, Potato Salad, Fruit

Wednesday, January 11 Roasted Chicken, Whipped Potatoes, Peas and Carrots, Fruit

Thursday January 12 Filet of Fish Almandine, Sweet Potato, Mixed Vegetables, Fruit

Friday, January 13 Pizza, Salad, Chips and Fruit

Monday, January 16 NO LUNCH

Tuesday, January 17 Blintzes, Cherry Sauce, Sour Cream, Carrots Fruit

Wednesday, January 18 Lemon Chicken, Roasted Potatoes, String Beans, Fruit

Thursday, January 19 Chili Con Carne over Pasta, Lettuce, Tomato, Cuc Salad, Dressing, Fruit

Friday January 20 Baked Tilapia , Buttered Noodles, Red Beet Salad, Fruit

Monday January 23 Meatloaf, Gravy, Mashed Potatoes, Green Beans, Fruit

Tuesday, January 24 24 Egg Salad Wrap, Tomato, Lettuce, Chips, Fruit

Wednesday, January 25 BBQ Chicken, Baked Potato, Zucchini, Cole Slaw, Fruit

Thursday, January 26 Penne Bolognese, Peas, and Carrots Fruit

Friday, January 27 2 Slices of Pizza, Tossed Salad, Fruit

Monday January 30 Baked Ziti with Vegetables and Cheese, Lettuce and Tomato Salad

Tuesday, January 31 Chicken Club Sandwich, Lettuce, Tomato, Bacon, Cole Slaw, Chips, Fruit

**Reservations must be made 1 week in advance. Reservations can be made for the month.**

Call the front Desk 570-824-4646. We appreciate your support with this matter. Courtesy counts.