



# January 2022



Funding for program provided by Aging Ahead, Jewish Federation of St. Louis and Friends of Crown Center

## MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Meal Delivery Spaghetti & meat sauce Italian Salad Green Beans Fresh Fruit	<b>4</b> Bagel & Lox Spread Tomato, Cucumber, Blintz Souffle Fresh Fruit	<b>5</b> Chicken Paprikash Buttered Noodles Roasted Vegetables Split Pea Soup Fresh Fruit	<b>6</b> Meal Delivery Stuffed Peppers Rice Pilaf Carrots Fresh Fruit	<b>7</b> Egg salad Sandwich Garden Salad Soup Fresh Fruit
<b>10</b> Meal Delivery Chilli Dog Cole Slaw Chili Mixed Fruit	<b>11</b> Vegetable Lasagna Broccoli Green Beans Soup of the Day Fresh Fruit	<b>12</b> Beef Stew Fresh Fruit Cornbread	<b>13</b> Meal Delivery Lemon-Garlic Salmon Pasta Mushroom Barley Soup Peas Fresh Fruit	<b>14</b> Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit Pudding Cup
<b>17</b> Meal Delivery Breaded Fish Street Corn Vegetable Soup Fresh Fruit Cornbread	<b>18</b> Impossible Shepherd's Pie Mashed Potatoes Fresh Fruit Biscuit	<b>19</b> Meatloaf Roasted Potatoes Roasted Zucchini Apple Cobbler	<b>20</b> Meal Delivery Chicken Florentine Rice & Bean Medley Green Beans & Roasted Peppers Fresh Fruit	<b>21</b> Egg salad Sandwich Garden Salad Soup Fresh Fruit
<b>24</b> Meal Delivery Chicken and Noodles Corn Sweet Peas Fresh Fruit	<b>25</b> Grilled Salmon Broccoli Cauliflower Medley Minestrone Soup Baked Potato	<b>26</b> Chicken Schnitzel Lentil Soup Roasted Potatoes Cinnamon Baked Apple	<b>27</b> Meal Delivery Turkey Pot Pie Mixed Vegetables Marinated Tomato Salad Fresh Fruit	<b>28</b> Tuna Salad Sandwich Side Deli Salad Soup Fresh Fruit Pudding Cup
<b>31</b> Meal Delivery Impossible Meat Tacos Corn Salad Beans Mixed Fresh Fruit	Notes  <p style="text-align: center;"><b>In observance of Martin Luther King Jr. Day, the Crown Center Office will be closed, meals will be delivered on Tuesday, January 18 that week.</b></p>			