

# Bel Rae Senior Living Calendar

# January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>HOT BREAKFAST</b> <b>EVERY</b> <b>WEDNESDAY!!</b>				<b>1</b> <b>LUNCH</b> Egg Salad sandwich Cucumber & tomato Salad Chips  <b>DINNER</b> Roasted Turkey Stuffing w/gravy Green Beans Cranberries
<b>2</b> <b>LUNCH</b> Breakfast sandwich Potatoes O'Brien Fresh fruit  <b>DINNER</b> Bacon Cheeseburger Lettuce & tomato Baked beans Potato salad	<b>3</b> <b>LUNCH</b> Egg Salad sandwich Cucumber & tomato Salad Chips  <b>DINNER</b> Apricot glazed pork chops Wild Rice pilaf Brussel sprouts	<b>4</b> <b>LUNCH</b> Taco salad Sour cream & Salsa Tortilla chips  <b>DINNER</b> Salisbury steak Mashed potatoes & Gravy Mixed vegetables	<b>5</b> <b>LUNCH</b> Grilled Cheese Tomato Soup Onion rings  <b>DINNER</b> Pizza party!!	<b>6</b> <b>LUNCH</b> French dip Rosemary French fries Pickle  <b>DINNER</b> Lasagna Rolls w/meat sauce Green beans Garlic toast	<b>7</b> <b>LUNCH</b> Beer Battered Fish & Chips Coleslaw  <b>DINNER</b> Homemade Meatloaf Mashed Potatoes Green Beans	<b>8</b> <b>LUNCH</b> Hot dog Tater tots Baked beans  <b>DINNER</b> Ham & potato bake Mixed vegetables Garlic Breadstick
9	10	11	12	13	14	15

<p><b>LUNCH</b> French toast Bacon Fresh berries</p> <p><b>DINNER</b> Chicken Kiev Mashed potatoes &amp; gravy Zucchini</p>	<p><b>LUNCH</b> BLT French Fries Pickle spear</p> <p><b>DINNER</b> Beef Pot Roast Mashed Potatoes &amp; gravy Mixed Vegetables</p>	<p><b>LUNCH</b> Steak fajita salad Lime cilantro rice Chips &amp; Salsa</p> <p><b>DINNER</b> Homemade Goulash Mixed vegetables Breadstick</p>	<p><b>LUNCH</b> Sloppy joes Tater tots Fresh fruit</p> <p><b>DINNER</b> BBQ Chicken Cheesy hash browns Steamed Broccoli</p>	<p><b>LUNCH</b> French dip Rosemary French fries Pickle</p> <p><b>DINNER</b> Baked Ziti Buttered Corn Garlic Toast</p>	<p><b>LUNCH</b> Deli Turkey Bacon On a croissant French fries Pickle spear</p> <p><b>DINNER</b> Lemon Pepper Crusted Tilapia Rice pilaf Buttered Carrots</p>	<p><b>LUNCH</b> Chili Side salad w/choice of dressing Cornbread muffin</p> <p><b>DINNER</b> Tater tot hotdish Dinner roll</p>
<p>16</p> <p><b>LUNCH</b> Scrambled Eggs w/cheese Sausage Hash brown Patty</p> <p><b>DINNER</b> Baked Ham Mashed Sweet Potatoes Buttered peas</p>	<p>17</p> <p><b>LUNCH</b> Chili Dog w/ Raw onion &amp; shredded cheese Tater tots Fresh Fruit</p> <p><b>DINNER</b> French onion meatballs Mashed potatoes &amp; gravy Buttered carrots</p>	<p>18</p> <p><b>LUNCH</b> Cranberry chicken salad Orange slices Breadstick</p> <p><b>DINNER</b> Ham &amp; broccoli casserole Dinner Roll</p>	<p>19</p> <p><b>LUNCH</b> Grilled Rubeen Sandwich French fries Pickle spear</p> <p><b>DINNER</b> BBQ Ribs Cheesy hash browns Vegetable medley</p>	<p>20</p> <p><b>LUNCH</b> Mandarin orange chicken salad Breadstick</p> <p><b>DINNER</b> Turkey gravy over mashed potatoes Green beans Dinner roll</p>	<p>21</p> <p><b>LUNCH</b> Chicken patty on a bun Tater tots Pickle</p> <p><b>DINNER</b> Potato crusted cod Rice pilaf Brussel sprouts</p>	<p>22</p> <p><b>LUNCH</b> Deli Sandwich Potato Chips Pickle</p> <p><b>DINNER</b> Chicken cordon bleu Mashed potatoes w/gravy Steamed broccoli</p>
<p>23</p> <p><b>LUNCH</b> Loaded egg bake Hash brown patty Fresh fruit</p> <p><b>DINNER</b> Salisbury steak Mashed potatoes &amp; Gravy Mixed vegetables</p>	<p>24</p> <p><b>LUNCH</b> Chipped Beef (SOS) Over a biscuit Fresh Berries</p> <p><b>DINNER</b> Chicken Marsala Mashed Potatoes Mixed vegetables</p>	<p>25</p> <p><b>LUNCH</b> BBQ chicken cobb salad Orange slices Breadstick</p> <p><b>DINNER</b> Spaghetti w/meat sauce Garlic toast</p>	<p>26</p> <p><b>LUNCH</b> Chicken wild rice soup &amp; half a deli sandwich Fresh fruit</p> <p><b>DINNER</b> Grilled Mushroom &amp; Swiss burger French fries Baked beans Pickle spear</p>	<p>27</p> <p><b>LUNCH</b> Ham &amp; Cheese sliders Tomato soup Fresh fruit</p> <p><b>DINNER</b> Beef stroganoff Over buttered noodles Mixed vegetables Dinner roll</p>	<p>28</p> <p><b>LUNCH</b> Beer Battered Fish &amp; Chips Coleslaw</p> <p><b>DINNER</b> Beef Pot Roast Mashed Potatoes &amp; gravy Mixed Vegetables</p>	<p>29</p> <p><b>LUNCH</b> BBQ pulled pork sandwich Broccoli slaw Chips</p> <p><b>DINNER</b> Creamy Chicken &amp; Broccoli Casserole Breadstick</p>
<p>30</p>	<p>31</p>					

<p><b>LUNCH</b> Pancakes Sausage links Fresh fruit</p> <p><b>DINNER</b> Homemade Meatloaf Mashed Potatoes Green Beans</p>	<p><b>LUNCH</b> Taco Salad Salsa &amp; Sour Cream Corn chips</p> <p><b>DINNER</b> Spaghetti w/meat sauce Garlic toast</p>					
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