MENU FOR JANUARY 2023 IN THE GARDEN OF EDEN RESTAURANT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 **Lunch** Bologna & Cheese on White **Dinner** Lamb Roast **Or** Baked Chicken	**2** **Lunch** Chicken Salad **Dinner** Eggplant Parmesan **Or** Beef Stroganoff	**3** **Lunch** Sliced Roast Beef w/Cheese on Rye **Dinner** Roast Pork **Or** Liver and Onions	**4** **Lunch** Chicken Breast **Dinner** Tilapia **Or** Vegetable Quiche	**5** **Lunch** Hot Dog on Bun **Dinner** Shepherd's Pie **Or** Baked Fish	**6** **Lunch** Sliced Grilled Ham & Cheese on White **Dinner** Country Spareribs **Or** Lemon Chicken	**7** **Lunch** Philly Cheese Steak **Dinner** Crispy Turkey Bake **Or** Beef Lasagna
8 **Lunch** Sliced Turkey on a Croissant **Dinner** Pot Roast **Or** Baked Chicken	**9** **Lunch** Hamburger on a Roll **Dinner** Stuffed Shells **Or** Beef Stew	**10** **Lunch** Ham & Cheese on White **Dinner** Turkey Divan over Rice **Or** Beef & Broccoli Stir-Fry with Rice	**11** **Lunch** Tuna Salad Sandwich **Dinner** Smoked Pork Chops **Or** Creamed Chip Beef over Biscuits	**12** **Lunch** Chicken Patty on Whole Wheat **Dinner** Oven Fried Chicken **Or** Stuffed Peppers	**13** **Lunch** Pork BBQ on White **Dinner** Salisbury Steak **Or** Parmesan Baked Fish	**14** **Lunch** Pizza **Dinner** Cabbage Rolls **Or** Honey Glazed Ham
15 **Lunch** Italian Cold Cut Subs **Dinner** Roast Turkey with Dressing **Or** Grilled Fish	**16** **Lunch** Bologna & Cheese on White **Dinner** Vegetable Lasagna **Or** Ham, Potato, & Leak Casserole	**17** **Lunch** Sloppy Joe Sandwich on a Roll **Dinner** Chicken Parmesan **Or** Salmon Steak with Brown Sugar Pecans	**18** **Lunch** Egg Salad on Wheat **Dinner** Meat Loaf **Or** Vegetable Quiche	**19** **Lunch** Sliced Roast Turkey on Whole Wheat **Dinner** Sweet & Sour Pork **Or** Turkey Cutlet with Sauteed Mushrooms	**20** **Lunch** Filet of Fish on a Roll **Dinner** Baked Scallops **Or** Fettuccine Alfredo	**20** **Lunch** Ham & Swiss on Rye **Dinner** BBQ Chicken **Or** Pepper Steak

* Please note: Low-fat salad dressings and low-fat menu items are available every evening; Baked Chicken, Salmon, Vegetable Plate, Steak Burger, Turkey Burger or Garden Burger, Chef Salad, Cobb Salad, Baked Potato, Baked Sweet Potato, Brown Rice and Seasonal Plate. This symbol denotes low-fat menu items.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
22 **Lunch** Turkey & Cheese on Whole Wheat **Dinner** Ham with Mashed Potatoes and Mixed Vegetable	**23** **Lunch** BBQ Pork on a Roll **Dinner** Teriyaki Beef with Rice **Or** Glazed Apple Pork Loin	**24** **Lunch** Pizza **Dinner** Salmon in Lemon & Butter **Or** Chicken Marsala	**25** **Lunch** Ham Salad on a Croissant **Dinner** Hot Roast Beef Sandwich **Or** Eggplant Parmesan	**26** **Lunch** Hot Dog on a Bun **Dinner** Spaghetti with Sauce **Or** Cabbage Rolls	**27** **Lunch** Sliced Chicken Breast on a Roll **Dinner** Cheeseburger **Or** Lemon Baked Fish	**28** **Lunch** Tuna Salad on Wheat **Dinner** Porcupine Meatballs **Or** Ravioli
29 **Lunch** Chicken Salad on White **Dinner** Oven Roasted Chicken **Or** Glazed Ham	**30** **Lunch** Meat Ball Sub **Dinner** Liver & Onions **Or** Baked Fish	**31** **Lunch** Hamburger on a Roll **Dinner** Beef Tips with Gravy **Or** Pizza Quiche				

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